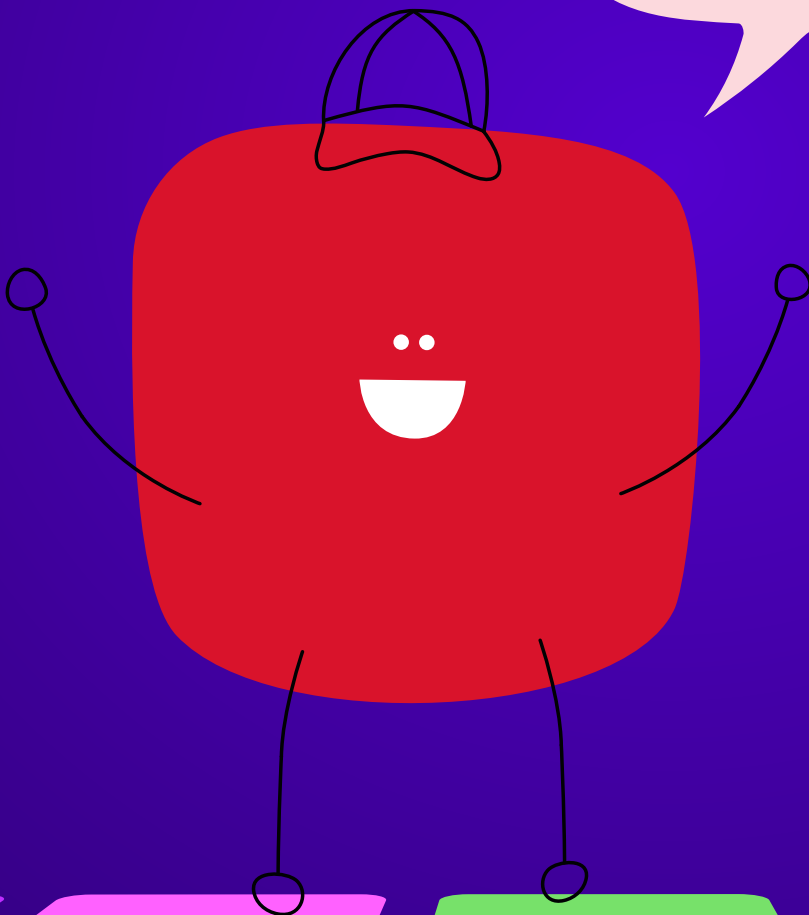




Welcome!

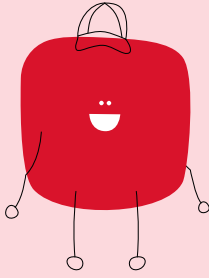
Hi, I'm Lucky and today it's our dance party routine.

Party outfits on, choose your favourite tunes to play, find a space and get ready to move.

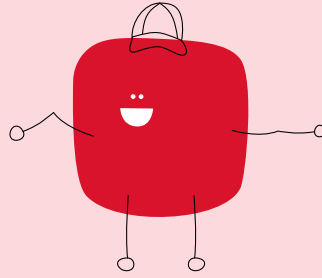


The Super Seven's
DISCO ACTIVITY CLUB

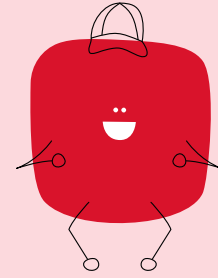
Warm up (repeat x3)



#1 Do the floss! Swing your arms and move your hips side to side in the opposite direction. Do this for 20 seconds.

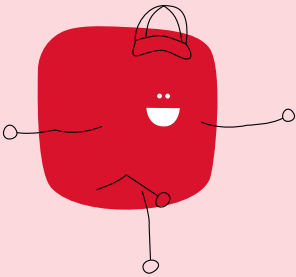


#2 Arms waves. Do 10 of these.

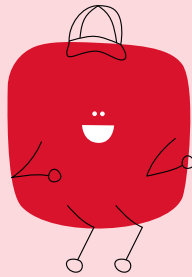


#3 Chicken wings - Flap your elbows and walk round the room like a chicken for 30 seconds.

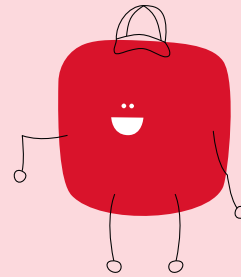
Main workout (repeat x3)



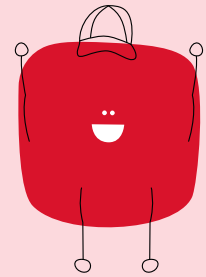
#1 Do the can-can. Stand with your arms out to the side and lift your knee then kick, one leg at a time. Do this for 30 seconds.



#2 Do the twist. Swivel your hips and twist to the music. Do this for 30 seconds.

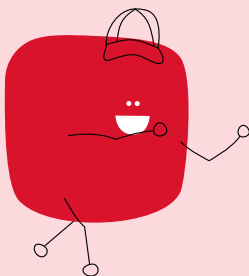


#3 Do the robot. Show us your best robot moves. Do this for 30 seconds.

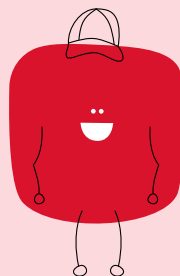


#4 Raise the roof. Push your hands up to the ceiling and jump up and down for 20 seconds.

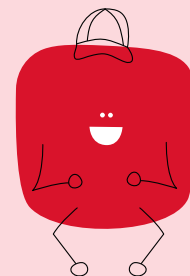
Cool down



#1 Do the Running Man. Slide your feet back and run on the spot for 30 seconds.



#2 Shoulder rolls forwards 5 times, then backwards 5 times.



#3 Clap your hands in each corner to make a square. Above your head to the left. Above your head to the right. Low down to the right. Low down to the left. Step forward and back on each clap. Do these 10 times.

Well done! You did it. See you next time.

Snap a picture/video and tag @VirginActiveUK and we'll show off your moves!