



ROUTINE NAME: Beginning HipHop
SONG TITLE: Cool off
ARTIST/ ARRANGER: Missy Elliot
CHOREOGRAPHER NAME: Kaitlin Sanchez

Beginning position: feet in second, head down arms by side in one line

- 8 Hold 1-2, Group 1: snap out hands in low V sit into outside hip head down 3, Group 2: count 4, Group 3: count 5, Group 4: count 6, slowly bring head up 7-8
- 8 Transition to 3 lines: Chassé grounded forward with R foot L hand swipe forehead 1-2, L grounded chassé R arm swiping back 3-4, step R foot front arms swing out and down turning to the back 5-6, hit the Rollie looking front but facing body side 7-8
- 8 Pick up step (three lines): R foot ball change front ball change back arms in running position
Front line: 1-2, Second line: 3-4, Third line: 5-6, Everyone points sitting in hip R 7, switch point L 8
- 8 Jump together head down cross arms 1, jump out in second 2, Bounce in plié and clasp hands swinging arms L 3, swing arms R 4, Roll wrists in high V 5, Roll wrists in low V 6, lift R leg and shake R hip L arm straight up 7-8
- 8 Pivot R foot to the L arms pop up to chest and down to sides flexed wrists 1-2, again 3-4, again 5-6, step L foot body facing back R hand on head 7, step R foot looking front L hand on head 8
- 8 Groove transition to block formation: Step R foot out arms swing down and pop up R arm in T L arm broken T 1-2, repeat L 3-4, Feet ball change R to L x3 knees moving in and out in plié R arm brushes shoulder 5, L arm brushes shoulder 6, R arm brushes 7, no arm but keep the groove on 8
- 8 Repeat previous 8 count but close arms in front grabbing R wrist and head down on 8

- 8 (three groups L to R) Group 1: squat to the L 1, slide R arm out on floor L arm on forehead 2, squat again 3, shoot legs out to R and R arm on forehead 4, drop to floor in Z sit to L 5-6, snap R arm up on 7, smack the floor on 8. Group 2: same choreography starts on 3. Group 3: same choreography starts on 5
- 8 Continue snapping on 1-2, and 3-4 when everyone catches up, face R wall plant feet and roll up pushing hips forward to stand 5-8
- 8 slide to R swiping L arm across 1-2, kick L foot touching heel on floor crossing body 3, open kick 4, slide to L swiping R arm 5-6, kick R foot heel touching ground crossing body 7, uncross body kick 8
- 8 Drop in squat arms snap straight up 1, hands drop to floor 2, Roll up forehead leading arms pushing down sides of body 3-4, R arm swings around in front crossing body 5, pump L arm vertical 6, repeat groove other side 7-8
- 8 (Every other line Hits arms) first and third line: groove bounce side to side starting L arms T 1-2, again groove no arms 3-4, repeat 5-8. Second and fourth lines: opposite groove no arms 1-2, T arms 3-4, repeat
- 8 Everyone: hit head with R hand drop hands to L knee 1-2, chest pop 3-4, switch to R knee 5-6, chest pop and L arm up 7-8
- 8 Slide to L swipe R arm across 1-2, kick R foot across then open 3-4, repeat other side 5-8
- 8 Groove side to side standing tall swift weight to L side L arm comes to R shoulder 1-2, repeat groove other side 3-4, step L foot out fists hit chest and flower open to L side 5-7, chin lift shifting weight to L foot 8
- 1 Sit into L hip invert R knee and hands on hips elbows forward 1