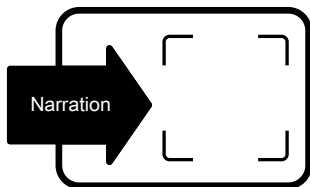
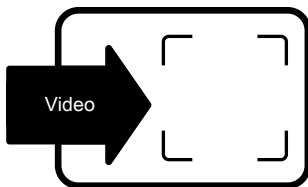




## DYNAMITE

<https://music.apple.com/ca/album/dynamite/1440928505?i=1440928702>

|                                     |  |
|-------------------------------------|--|
| <b>Start</b>                        | In the centre, feet together   |
| <b>Introduction = 2 counts of 8</b> | <b>Hold</b>  |
| <b>Counts</b>                       |  |
| 1-16                                | Slide shaky, shaky (x4)  |
| 1-16                                | Grab it, put it down, nod your head, nod your head (x4)  |
| 1-16                                | Arms go over the rainbow, hold it and, both hands drop on knee (x2)  |
| 1-16                                | Stomp, arm up, stomp arm up, wave, wave, wave, wave, jump face back, legs apart  |
| 1-16                                | Stomp, arm up, stomp arm up, wave, wave, wave, wave, wave, wave, wave, wave  |
| 1-8                                 | Hands on knees (in football position), bounce, bounce, look (2 hands on left hip, twisting the body to look front) and hold. Repeat to the right.                        |
| 1-8                                 | Hands touch over head with arms up, right foot over left, half pencil turn face front, legs apart  |
| 1-8                                 | Hands on knees (in football position), bounce, bounce, show the number "1" with the right hand and hold. Bounce, bounce, show the number "2" with the left hand and hold |
| 1-8                                 | Hands touch over head with arms up, right foot over left, full pencil turn face front, legs together   |
| 14 counts of 8                      | Repeat all from the beginning  |
| 1-16                                | Step, heel out (x4) step together step jump (x2)   |
| 1-16                                | Step, heel out (x4) step together step jump (x2)   |
| 1-16                                | 16 counts to get all dancers into a horizontal line across the stage   |
| 1-8                                 | In cannon (ripple), each dancer jumps down into a frog position  |
| 1-8                                 | In cannon (ripple), each dancer does a full pencil turn to stand up  |
| 1-24                                | Dancers run back to find their spot on the stage   |
| 1-16                                | Stomp, arm up, stomp arm up, wave, wave, wave, wave, jump face back, legs apart  |
| 1-16                                | Stomp, arm up, stomp arm up, wave, wave, wave, wave, wave, wave, wave, wave  |
| 1-8                                 | Hands on knees (in football position), bounce, bounce, look (2 hands on left hip, twisting the body to look front) and hold. Repeat to the right.                        |
| 1-8                                 | Hands touch over head with arms up, right foot over left, half pencil turn face front, legs apart  |
| 1-8                                 | Hands on knees (in football position), bounce, bounce, show the number "1" with the right hand and hold. Bounce, bounce, show the number "2" with the left hand and hold |
| 1-8                                 | Hands touch over head with arms up, right foot over left, full pencil turn face front, legs together   |
| 1-8                                 | Jump out with arms up into an "X" shape, hold it.  |
| <b>Outro = 1 counts of 8</b>        | Place feet together, bow and clap.   |



**Pro Tip:**  
If you can SAY IT,  
you can DO IT!