

**NOWWEMOVE & LAGYM FLASH MOB 2014 STEP-BY-STEP TUTORIAL**

**The song:** We have chosen the song <https://www.youtube.com/watch?v=dG9fPvD40Ag&feature=kp>. The song has copy rights in all countries participating. You will receive the file in a mail.

**The choreography:** Our partner DTB created for the NowWeMOVE Flash Mob a dedicated choreography based on the LaGym workout. The choreography is joyful, inclusive and easy to learn. Please include all age groups and showcase the joy of movement. Please check the flash mob tutorial for more ideas.

**!!!! Changes to the choreography: We kindly ask you to follow the original choreography. Nevertheless** you have the option to create your own beginning or ending. You can customise the choreography based on your own ideas and what you would think will attract more spectators and media attention.

**Training video**

<https://www.youtube.com/watch?v=-l-7SNfSG-Q>

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## STEP-BY-STEP TUTORIAL

### Choreography Manual – “I’m Alive”

The manual for the online video – Learn the steps for your Flash Mob!

#### Intro:

1-4 Double step touch to the right, stretch right arm in an arc over your head

4-8 Repeat in opposite direction, stretch left arm in an arc over your head

*Altogether 2 x 8 beats*

1-2 Step touch to the right

3-4 Step touch to the left, move both arms to the left over your head

5-6 Step touch to the right, move both arms to the right over your head

7-8 Step touch to the left, move both arms to the left over your head

*Altogether 2 x 8 beats*

#### Part 1:

1-2 Step touch to the right, snap on the right side at shoulder height

3-4 Step touch to the left, snap on the left side at hip height

5-6 Step touch to the right, snap on the right side at shoulder height

7-8 Step touch to the left, snap on the left side at hip height

*Altogether 2 x 8 beats*

1 Step to the right → feet shoulder-wide apart – move hip to the right, extend right arm horizontally to the right

- 2 Feet shoulder-wide apart – move hip to the left, extend left arm horizontally to the left
- 3 Feet shoulder-wide apart – move hip to the right, stretch right arm vertically up
- 4 Feet shoulder-wide apart – move hip to the left, stretch left arm vertically up
- 5 Feet shoulder-wide apart – move hip to the right, move right arm horizontally to the right
- 6 Feet shoulder-wide apart – move hip to the left, move left arm horizontally to the left
- 7-8 Adduct your right foot – closed position, hands put to the heart

***Part 1 is repeated twice***

**Part 2:**

- 1-4 Double step touch to the right, on 1-2 arms are stretched forward, 3-4 on hands are brought back to the heart
- 5-8 Double step touch + whole turn from front to back to the starting point, arms slightly bent – opened to the side

*Altogether 3 x 8 beats*

- 1 Feet shoulder-wide apart – Shift your weight to the right, move both arms diagonally to the top right
- 2 Feet shoulder-wide apart – Move hip, stretch both arms diagonally up high to the left
- 3 Feet shoulder-wide apart – Move hip, move both arms diagonally down to the right
- 4 Feet shoulder-wide apart – Move hip, move both arms diagonally down to the left
- 5-8 Repetition

*Altogether 2 x 8 beats*

- 1-6 4-count-turn “on the spot” to the left – Rotate hip and arms over your head
- 7-8 Right leg closes – neutral position
- 1-8 Repeat in opposite direction – left foot starts
  
- 1-2 Cha cha cha to the right, push both arms diagonally to the top left twice

3-4 Halfway mambo (left backwards), put arms back down

5-8 Repeat in opposite direction

*Altogether 2 x 8 beats*

1-6 4-count-turn “on the spot” to the left – Hip and arms rotate over your head

7-8 Right leg closes – neutral position

1-8 Repeat in opposite direction – left foot starts

**Part 3:**

1-2 Squat sideward to the left, move arms upwards in front of the body and open at the top, bring them down to the side – elbow crooked – hands flexed

3-4 Right side closes, bring arms to the centre of the body and palms together, via the top

5-8 Repeat in opposite direction

**Repetition of Part 2:**

1-4 Double step touch to the right, on 1-2 arms are stretched forward; on 3-4 hands are brought back to the heart

5-8 Double step touch + whole turn via front, back to the starting point, arms slightly bent – opened on the side

*Altogether 3 x 8 beats*

1 Feet shoulder-wide apart – Shift your weight to the right, move both arms diagonally to the top right

2 Feet shoulder-wide apart – Move hip, stretch both arms diagonally up high to the left

3 Feet shoulder-wide apart – Move hip, move both arms diagonally down to the right

4 Feet shoulder-wide apart – Move hip, move both arms diagonally down to the left

5-8 Repetition

*Altogether 2 x 8 beats*

1-6 4-count-turn “on spot” to the left – Rotate hip and arms over your head

7-8 Right leg closes – neutral position  
1-8 Repeat in opposite direction – left foot starts

1-2 Cha cha cha to the right, push both arms diagonally to the top left twice  
3-4 Halfway mambo (left backwards), put arms back down  
5-8 Repeat in opposite direction

*Altogether 2 x 8 beats*

1-6 4-count-turn “on spot” to the left – Rotate hip and arms over your head  
7-8 Right leg closes – neutral position  
1-8 Repeat in opposite direction – left foot starts

**Outro:**

1-4 Double step touch to the right, right arm is held in an arc over your head  
4-8 Repeat in opposite direction, left arm is held in an arc over your head

*Altogether 2 x 8 beats*

1-2 Step touch to the right  
3-4 Step touch to the left, both arms are moved to the left over your head  
5-6 Step touch to the right, both arms are moved to the right over your head  
7-8 Step touch to the left, both arms are moved to the left over your head

*Altogether 2 x 8 beats*

**End position – open arms wide**

**Good luck and NowWeDance@MOVE Week 2014**

For more MOVE Week information please visit [www.moveweek.eu](http://www.moveweek.eu)

**About LaGYM by DTB**

[LaGYM](#) is a modern, dynamic dance-fitness-program that is fun and brings you in a good mood. It is distinguished of infectious music and easy learning moves! Easily comprehensible steps, step sequences and correspondent arm-variations characterize the program, there are no complicated choreographies. LaGYM trains the whole body, coordination, flexibility and the cardiovascular system.

[LaGYM](#) is a fitness-program with variable emphases – depending on spirit of the time and trends.