**FREEDOM BY PITBULL**

Start with 2 finger point on down beat “that funk/bump”

**Venus Arms, right arm extended ”I’m free to do what I want” CHORUS**

**Step back with shoulder pump (& have a good time)**

2 finger point for each verse

**CHORUS**

**PINWHEEL Six counts of 8**

8 to get to circle

8 with hands on back

8 Arm in

8 Opposite Arm in

8 with hands on back

8 to get home.

**CHORUS**

Walk with 2 finger point & end with right arm salute up & HOLD.

**“RELAX by Frankie Goes to Hollywood”**

  :00 – Intro pose/pulse

  :29 – Chorus

  :46 – Bird Flap – 4 beats up

  :53 – Chorus/Double arms

1:11 – Scoop Right/tit pop

1:25 – Shoot front/Chaos

1:42 – Rainbow right

1:58 – Palm pumps down/turns

2:19 – Come arms right

2:37 – Chorus

2:54 – Bird flap/8 beats up/FREEZE/POW/Free Style

3:27 – Chorus/Head curl/echo pump

 :00 – Intro pose/pulse

  :29 – Chorus

  :46 – Bird Flap – 4 beats up

  :53 – Chorus/Double arms

1:11 – Scoop Right/tit pop

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2:37 – Chorus

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Does Your Mother Know

[ABBA](https://www.google.com/search?safe=active&rlz=1C1GGRV_enUS776US776&q=ABBA&stick=H4sIAAAAAAAAAONgVmLXz9U3yM7KWMTK4ujk5AgAqpKxvRIAAAA&sa=X&ved=2ahUKEwjoiYGNp_HkAhURLKwKHQV1AnEQMTAAegQICxAF)

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Drum beat Overhead clap x 8

Guitar riff Disco arms, Left x 2, Disco arms, Right x 2

 Disco arms, Left x 2, Disco arms, Right x 2

You're so hot, teasing me Angle finger point right x 2, angle finger point left x 2
So you're blue Pivot Right Foot (blue) with arms out/in
but I can't take a chance on a chick like you Pivot Right Foot (can’t), Pivot Right Foot (chance)
 Step back with right foot, arms swoop back then up,

                          step forward, sunshine arms

That's something I couldn't do Finger point straight/side/back, clap

There's that look in your eyes Angle finger point right x 2, angle finger point left x 2
I can read in your face Pivot Right Foot (read) arms out/in, Pivot Right (face)
that your feelings are driving you wild Pivot Right Foot (feelings)/Step back (driving) with right foot, arms swoop back then up, Step forward, sunshine arms

Ah, but girl you're only a child Finger point straight/side/back, clap

Well I can dance with you honey Disco arms, Left x 2
If you think it's funny Disco arms, Right x 2
Does your mother know that you're out Pony-right arm up, Pony-left arm up,

 Pony-right arm up

And I can chat with you baby Disco arms Left x 2
Flirt a little maybe Disco arms Right x 2
Does your mother know that you're out Pony right arm up, Pony left arm up

 Pony-right arm up

Take it easy (take it easy) Bend slight downward, bring arms upward, bend arms

Better slow down girl with hands crossed, palms facing chest
That's no way to go Cross hands back and forth x 4
Does your mother know? Shush move-right index finger over mouth/left arm out
Take it easy (take it easy) Bend slight downward, bring arms upward, bend arms
Try to cool it girl with hands crossed, palms facing chest
Take it nice and slow Cross hands back and forth x 4
Does your mother know? Shush move-right index finger over mouth/left arm out

Interlude Macarena (right arm across chest, left arm across chest, Right hand on right hip/left hand on left hip, then shimmy down)

Guitar riff Disco arms, Left x 2, Disco arms, Right x 2

 Disco arms, Left x 2, Disco arms, Right x 2

I can see what you want Angle finger point right x 2, angle finger point left x 2
But you seem Pivot Right Foot (seem) with arms out/in
Pretty young Pivot Right Foot (young) with arms out/in
to be searching Pivot Right Foot (searching) with arms out/in
for that kind of fun Step back with right foot, arms swoop back then up,

                          step forward, sunshine arms

So maybe I'm not the one Finger point straight/side/back, clap

Now you're so cute, I like your style Angle finger point right x 2, angle finger point left x 2
And I know Pivot Right Foot (know) arms out/in

what you mean Pivot Right Foot (mean) arms out/in
when you give me a flash Pivot Right Foot (give) arms out/in

of that smile (smile) Step back with right foot, arms swoop back then up,

                          step forward, sunshine arms

But girl you're only a child Finger point straight/side/back, clap

Well I can dance with you honey Disco arms, Left x 2
If you think it's funny Disco arms, Right x 2
Does your mother know that you're out Pony-right arm up, Pony-left arm up,
 Pony-right arm up

And I can chat with you baby Disco arms, Left x 2
Flirt a little maybe Disco arms, Right x 2
Does your mother know that you're out Shush move-right index finger over mouth/left x 2

Take it easy (take it easy) Bend slight downward, bring arms upward, bend arms

Better slow down girl with hands crossed, palms facing chest
That's no way to go Cross hands back and forth x 4
Does your mother know Shush move-right index finger over mouth/left arm out
Take it easy (take it easy) Bend slight downward, bring arms upward, bend arms
Try to cool it girl with hands crossed, palms facing chest
Take it nice and slow Cross hands back and forth x 4

Does your mother know Shush move-right index finger over mouth/left arm out

Well I can dance with you honey Disco arms, Left x 2
If you think it's funny Disco arms, Right x 2
Does your mother know that you're out Pony, right arm up, Pony, left arm up
And I can chat with you baby Disco arms right x 2
Flirt a little maybe Disco arms left x 2
Does your mother know that you're out Pony right arm up, Pony left arm up

Well I can dance with you honey Finger point straight/side/back, clap
If you think it's funny
Does your mother know that you're out
And I can chat with you baby Finger point straight/side/back, clap
Flirt a little maybe
Does your mother know that you're out

Well I can dance with you honey Finger point straight/side/back, clap
If you think it's funny
Does your mother know that you're out
And I can chat with you baby

\*For Disco arms, left, means you’re facing left with the right arm

\*For Disco arms, right, means you’re facing right with the left arm

**“Escapade” by Janet Jackson – Cheat Sheet**

2 counts of 8 - Hold with hands behind back

1 count of 8 – Sunshine arms

1 count of 8 – Personal pinwheel

2 counts of 8 - Two finger point

1 count of 4 - Arms behind head and bounce to right

1 count of 4 - Arms behind head and bounce to left

1 count of 4 - Blade arms with right arm up and left arm down

1 count of 4 - Blade arms with left arm up and right arm down

1 count of 4 – Circle arms and step to right

1 count of 4 – Circle arms and step to left

1 count of 4 - Arms behind head and bounce to right

1 count of 4 - Arms behind head and bounce to left

1 count of 4 - Blade arms with right arm up and left arm down

1 count of 4 - Blade arms with left arm up and right arm down

1 count of 4 – Circle arms and step to right

1 count of 4 – Circle arms and step to left

(LYRICS START)

1 count of 4 - Grapevine step to the right with hands behind back; one clap (As I was walking by)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (Saw you standing there)

1 count of 8 - Arms up and step right foot out; cross arms down and step left foot forward, THEN Arms up and step left foot out; cross arms down and step right foot forward, and REPEAT

1 count of 4 - Grapevine step to the right with hands behind back; one clap (Looking shy you caught my eye)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (Thought you’d want to hang for a while)

1 count of 8 - Arms up and step right foot out; cross arms down and step left foot forward, THEN Arms up and step left foot out; cross arms down and step right foot forward, and REPEAT

1 count of 8 – Right arm across and right foot out; left arm across and left foot out; turn to right leading with right arm (I’d like to be with you)

1 count of 8 – Left arm across and left foot out; right arm across and right foot out; turn to left leading with left arm (And you know it’s Friday too)

1 count of 4 - Grapevine step to the right with hands behind back; one clap (Hope that we can find the time)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (This weekend to relax)

1 count of 8 - Arms up and step right foot out; cross arms down and step left foot forward, THEN Arms up and step left foot out; cross arms down and step right foot forward, and REPEAT

1 count of 4 - Grapevine step to the right with hands behind back; one clap (My mind’s tired)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (I’ve worked so hard)

1 count of 8 – shimmy and rock step- right two lines go to right; left two lines go to left (All week)

1 count of 4 - Grapevine step to the right with hands behind back; one clap (Cash my check)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (I’m ready to go)

1 count of 8 – shimmy and rock step- right two columns go to right; left two columns go to left (All week)

CHORUS

1 count of 8 - Chassé with right foot first, left arm forward and right arm to the side; then chassé with left foot first, right arm forward and left arm to the side and repeat once per side (Come on baby, let’s get away)

1 – count of 8 - Personal pinwheel (Let’s save our troubles for another day)

1 count of 8 - Chassé with right foot first, left arm forward and right arm to the side; then chassé with left foot first, right arm forward and left arm to the side and repeat once per side (Come go with me, we’ve got it made))

1 – count of 8 - Personal pinwheel (Let me take you on an escapade)

2 count – double clap (let’s go!)

8 count – V arms up and down 3 times (Es-ca-pade) - first and third column go up first; second and fourth column go down first, and freestyle groove (We’ll have a good time)

8 count – V arms up and down 3 times (Es-ca-pade) - first and third column go up first; second and fourth column go down first, and freestyle groove (Leave your worries behind)

8 count – V arms up and down 3 times (Es-ca-pade) - first and third column go up first; second and fourth column go down first, and freestyle groove (Well you could be mine)

4 count – Left two columns face left and right two columns face right – One hand on back of head, one hand on hip, and bounce (Es-ca-pade)

4 count – Bend toward audience and blow a kiss (An escapade)

1 count of 4 - Grapevine step to the right with hands behind back; one clap (Don’t hold back)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (Have a good time)

1 count of 8 – shimmy and rock step- right two lines go to right; left two lines go to left (Yeah)

1 count of 4 - Grapevine step to the right with hands behind back; one clap (Make the rules up)

1 count of 4 - Grapevine step to the left with hands behind back; one clap (As we go along)

1 count of 8 – shimmy and rock step- right two columns go to right; left two columns go to left (And break them all if we’re not having fun)

1 count of 8 - Chassé with right foot first, left arm forward and right arm to the side; then chassé with left foot first, right arm forward and left arm to the side and repeat once per side (Come on baby, let’s get away)

1 – count of 8 - Personal pinwheel (Let’s save our troubles for another day)

1 count of 8 - Chassé with right foot first, left arm forward and right arm to the side; then chassé with left foot first, right arm forward and left arm to the side and repeat once per side (Come go with me, we’ve got it made)

1 – count of 8 - Personal pinwheel (Let me take you)

End in two finger point pose (on an escapade baby)

(Currently the song continues but we will have it cut and we will end in our pose with the two finger point)