



## A Choreographed Cool-Down

Reinvigorate the end of class with a familiar song and groovy moves.

We put a lot of effort into the main part of choreography classes, but what about the cool-down? It's more than just a time to catch your breath and fly over some basic stretches. Take a moment to make the cool-down a creative part of your class. One way to do this is to choreograph a known song—old or new. A good example is “Dancing Queen,” a popular ABBA song and a recent hit from the musical *Mamma Mia!* The following is set to the soundtrack of the Broadway musical (*Act 1, track 7*).

### Short Chorus

Music Counts	Foot Pattern; Direction	Arms
1–16	4x double step-touch with body wave (R, L); side to side.	Hold over head.
1–8	2x step forward, freeze and face sideways (R, L); forward.	Point one arm front.
1–8	4x cha-cha; circle (L).	Optional.
1–8	Stand in straddle stance; on spot.	Raise both from sides and lower in wiping movement.

### Introduction

The song starts with a **short melody** (about 20 seconds). Instruct participants

to walk around the room.

A **short chorus** (bottom left) comes next, followed by the **first stanza** (below).

### First Stanza

Music Counts	Foot Pattern; Direction	Arms
1–8	Jazz square (R) to straddle stand; face front.	Bring R arm up during straddle.
1–8	Jazz square (L) to straddle stand; face front.	Hold L arm to forehead; look L during straddle.
1–4	Walk (R, L) to mambo (R) front; forward.	Circle R arm back, circle L arm back, then open both arms to sides.
1–4	Walk (R, L) to mambo (R) back; backward.	Reach both arms forward; open to sides.
1–8	2x triple knee twist in and freeze (R, L, R), (L, R, L); on spot.	Move both arms from side to side; same tempo.
1–8	4x tap (L), 4x tap (R); on spot.	Wiggle freestyle, same direction as tapping leg.
1–8	4x tap (L), travel (L); 4x tap (R), travel (R); side to side.	Wiggle freestyle, same direction as tapping leg.
1–8	Step-tap (L), spin 360 (R), 2x step-touch (R, L); L to R.	Optional.
1–8	Step-tap (R), spin 360 (L), 2x step-touch (L, R); R to L.	Optional. >>



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### Chorus

Music Counts	Foot Pattern; Direction	Arms
1-8	4x step side-tap; travel forward.	Side-lift, same direction as tapping leg.
1-8	4x step-touch; on spot.	Move both arms up and down with every step-touch.
1-16	4x walk to side (R, L, R) and tap; side to side.	Raise both at every corner tap.
1-16	4x double step-touch with body wave (R, L); side to side.	Hold over head.
1-8	2x step forward, freeze and face sideways (R, L); forward.	Point one arm front.
1-8	4x cha-cha; circle (L).	Optional.
1-8	Stand in straddle stance; on spot.	Raise both from sides and lower in "wiping" movement.

### Second Stanza

- Bring R leg forward for hamstring stretch, 8 counts; switch sides.
- Stand on R leg and stretch L quad, 8 counts; switch sides.
- Straddle stand and take two deep breaths, 8 counts.

### Last Chorus

Music Counts	Foot Pattern; Direction	Arms
1-8	4x step side-tap; travel forward	Lift, same direction as tapping leg.
1-8	4x step-touch; on spot	Move both arms up and down with every step-touch.
1-16	4x walk to side (R, L, R) and tap; side to side.	Raise both at every corner tap.
1-16	4x double step-touch with body wave (R, L); side to side.	Hold over head.
1-8	2x step forward, freeze and face sideways (R, L); forward.	Point one arm front.
1-8	4x cha-cha; circle (L).	Optional.
1-8	Stand in straddle stance; on spot.	Raise both from sides and lower in "wiping" movement.
1-16	2x stand in straddle stance, arms on thighs, round back and extend, then roll up slowly; and bow. ■	

Yoav Avidar is Israel's Instructor of the Year 2001, a Nike Elite Trainer and co-owner of B. Education. Find out more at [www.YoavAvidar.com](http://www.YoavAvidar.com).