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Thumbs – Sabrina Carpenter
3:36
Toning - Arms

This routine will tone the whole arm, even down to the small muscles in the forearms. Encourage participants to keep the elbows up for the whole song!!

TIME		MUSIC		CHOREOGRAPHY	REPS	COACHING
0:00	In	(violins)	4x8	**Get Ready (play the violin)**		
0:14	V1	Some	4x8	**Wrist Twirl -n- Snap Rx8, Lx8**	1x	Arms out/swirl
0:28		That's just	4x8	**OH Flick Combo** Straight arms wrist flick (slow) R, Lx2 Straight arms wrist flick (fast) R, Lx4	2x	Hands up Flick the wrist Strong arms
0:43		Someone	4x8	**Arm Push -n- Pull Rx8, Lx8**	1x	Lean the body
0:57	C	Keep on	8x8	**Double Roll Out Combo** Double R Arm Roll w/Step Touch Double L Arm Roll w/Step Touch Step Tap R, L x2 w/shake off hands	4x	Double Roll Walk the feet Tap and Flick
1:26	V2	Some	4x8	**Wrist Twirl -n- Snap Rx8, Lx8**	1x	
1:40		That's just	4x8	**OH Flick Combo**	2x	
1:54	C	And so	8x8	**Double Roll Out Combo**	4x	
2:23	Br	Don't	4x8	**Arm Push -n- Pull Rx8, Lx8**	1x	Use the core too
2:37		That's just	4x8	**OH Flick Combo**	2x	
2:51	C	Keep on	8x8	**Double Roll Out Combo**	4x	Nearly there!
3:19		Keep o	4x8	**Wrist Twirl -n- Snap Rx8, Lx7**	1x	Hang on!!

Technique:

Directions for body placement, timing, and cues for signature movements in this song.

CHOREOGRAPHY DETAILS

Wrist Twirl -n- Snap Rx8, Lx8
Standing with the R hip/pointed toe (F), hold arms out to the sides (shoulder height) and with soft elbows, twirl the wrists full circle and complete with a snap on the beat. Let the body lift with the swirl and dip with the snap and you move to the rhythm.
R leg (F) x8 wrist circles
L leg (F) x 8 wrist circles
The elbows are soft/lightly bent and can go slightly lower than shoulder height as you swirl, but don't allow arms to drop low. Hands should still be at shoulder height.

OH Flick Combo
With Straight arms OH – flick the wrist, fingers pushing down, (slow) R, Lx2
Speed the move up - Straight arms wrist flick (fast) R, Lx4

Push the hips R, L with the movement and using the whole body.
With a strong flick, you'll feel this movement toning the smaller muscles in the forearm.

Arm Push -n- Pull Rx8, Lx8
Brace the core and reach the arms out to the sides at shoulder height.
With the hand open, lean the body out and push the R arm, then lean the body L and pull the R arm in , hand in fist, elbow bent back into the body (sending the elbow just slightly behind the rib cage) x8
Reverse and Repeat on the L arm.

Encourage your participants to brace the muscles in the core and lean the body side to side, so they can also get a core workout at the same time as working and toning the arms.

Double Roll Out Combo
Starting with the arms out to the side:
Double step touch to the R while Double Rolling the R Arm – up and in toward the face and then out to press x2
Repeat the Double Step Touch on the Left - L Arm Roll w/Step Touch
Step Tap OTS - R, L x2 w/cactus arms and hands "shaking off" with small flicks. Finger relaxed.

Be sure to hold the opposite arm up/out while the working arm is double rolling.

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