

The Girls' Brigade Ireland

Brigader Modern Dance 2020/2021

Music: Love Yourself by Billy Porter (cut)

SP: Starting Position: Feet wide 2nd, head down. All formations free.
 Maximum of 6 girls on a team. Use any formation you like **after** first part where half the girls move – girls should be in 2 defined 'groups' for this.

COUNTS		TEACHING POINTS
Intro		
1-4	At chest level with lean R hand sweeps out at front to side, REPEAT L,	BIG AND DRAMATIC.
5-6	R/L foot comes in front, popped. Body, hand and hands lower down, to extend upwards along body with both hands high	
7-8	Flick hands to hold crown and place on head as you sink into back leg	"YES QUEEN"
-	Verse 1 (half girls moving others stay still)	
1-4	Push arms up and out as you do four sassy "tip" walks to R side, L, R, L, R, Shoulders working in opposition.	
5-6	Step and turn by back to face in to L side	
7-8	Looking front with rib isolation forward, R leg pops with L tricep pop REPEAT L/R	
9	Moving to the front on R foot transfer weight with fist swinging to in front of chest	
10	Transfer weight back with arm circling to end with click of hand out by side and feet together facing front	
11-12	REPEAT other side	
13-14	Two steps, body and head lowering while you cross hands in front and open (pony step)	

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15-16	Two steps with an indulgent Rib isolation R hand splayed coming to tummy followed by L	HAVE FUN WITH IT, INDULGENT.
1-16	REPEAT 1- OTHER GIRLS MOVING TO L SIDE OR EVERYONE AGAIN	
1-8	Four sassy walks, arms reaching up and out, moving slightly on the diagonal, repeat moving the opposite way on diagonal.	
9-16	Cross both arms in front, bum shoots behind then L hand to side of face R hand to hip with hip flick to side REPEAT to other side	
1-8	Repeat sassy walks with arms coming up and out	SHARP
9-16	Flick hands, RLR hold, LRL hold, feet swivel	
PRE C *1-4	Facing the front, Body and hands low to high with four walks coming forward.	
*5-8	Four swivel walks slightly moving backwards with flexed palms, wave side to side to end in front of chest.	
*9-12	Indulgent swivel of feet with thumbs in tight at chest, RLRR	SMALL INTO YOURSELF
*13-14	Arms circling high overhead, foot over and turn to face L diagonal corner with R foot popped	
*15-16	Interlock fingers and pump heart with rib/chest isolation	SHARP CLEAN
1-4	R hand to L shoulder L hand to R hip R hand to R shoulder L hand to L hip R hand to R hip L hand to L shoulder R hand to R shoulder L hand to L hip	

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5-8	Tap your knees RL, Tap your hips RL Dip back and forward twice with hands fanning facing	really fan Fan Fan stop, Fan Fan Stop
9-12	Step and point forward and turn to back, REPEAT to back	really point
13-16	Two wonder woman pivot turns (arms out) CHOURS	JOY!!!!
1-4	Four jumps side to side, palms flexed arms high and low. (jump to R side L arm high)	HIGH ENERGY
5-8	Two step claps, hands clap high above head, leg curls	
9-12	Four circler hops backwards, arms relaxed in opposition	
13-16	Four model walks forward (free arms.. hair toss, click etc)	sass
1-16	REPEAT 1-16	
	VERSE 2	
1-4	Step close step together with hands splayed on hips, head looking to R, rib isolation forward and back, hands come out at head height and click fingers on feet together.	really isolate
5-8	REPEAT to L	
9-16	REPEAT step action R/L with arms high, palms splayed and with rib isolation pump the arms.	
1-4	Step turn step clap	

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5-8	Feet swivel RLR and back	
9-16	LRL REPEAT to L	
1-4	Step across to R side back, ball change on spot twice and lift leg. Palms up arms open out at chest level, open down and circle palms inwards.	
5-8	REPEAT to L	
9-16	Moving backwards with four step tips and a pop the other leg while hips circles and arms circles above head	
1-16	REPEAT 1-16	HIGH ENERGY
1-32	PRE CHOURS 1-32	
1-32	CHOURS 1-32	PRECISE MOVEMENTS
1-2	Right hand circles twice in front of face, feet wide second, L hand on hip.	
3-4	Both arms circle behind back, out to second then R arm high on diagonal with hand acting as mirror,	
5-6	Freeze position	really bop head
7-8	Head isolation forward twice,	
9-10	Left over Right turn, arms circle above head to end facing front	
11-12	Two steps on spot with hair toss R/L	
13-14	Deep pile in 2 nd with patty cake hands (clap thighs twice, clap hands twice)	

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15-16		
1-8	Maintaining squat four strong punches forward	STRONG PUNCH
9-12	Eight walk on spot or moving arms vouging four shoulder taps four to the back	Indulgent
13-16	Facing R or L side two rib isolations popping with hands by face with wide palms and step ball change facing the front	small to begin
1-4	Repeat R or L	
5-8	Stepping back on diagonal R or L step together step jump to face the front and lasso arm R or L arm high other arm extended out in front, clap on jump.	Move
1-16	REPEAT other way	BIGGER
1-4	REPEAT 1-16	
1-8	Wonder woman armed, pivot spin	Hold position
	REPEAT INTRO to finish with crown on head.	
	<p><i>Have fun with it girls, hope it provides a little cardio burst each week for you. Free formations just make sure to give it plenty of style and sass!</i></p> <p><i>Cant wait to see you preform it.</i></p> <p><i>Ruth Berkeley</i> <i>August 2020</i></p>	