

NB - Due to COVID-19 restrictions,
work with 6 girls on a team only

Girls Brigade, Junior Senior Teamwork 2020/2021

MUSIC: Robbie Williams, Hey Tiger

APPARATUS: Hoops Large hoop to be used, but can use smaller if very small (in size) team.
Whole Team must use hoops of the same size.

COUNTS	CHOREOGRAPHY	FORMATION & NOTES
	Starting facing the back, feet apart, head down, left hand on top of hoop	<pre> X X X X X X X X </pre>
Intro 1-8	In cannon, turn to left, inverting right knee and bringing right hand across to join left hand on top of hoop. On count 8 all join feet	(Last girl in cannon turns and joins feet in one count)
Verse 1 1-4	With hoop in left hand, swing forward and back to shoulder level, right arm swinging opposite.	Accent on count 2 hoop behind, body turned to front, right arm extended in front of body
5-8	Circle hoop forward in full circle overhead to turn to other side, right arm follows. Finish facing other side, feet together and hoop in right hand	
9-16	Repeat (1-8) to opposite side but finish facing front	
17-18	Bend knees, holding hoop in right hand, swing hoop to right side, left arm lifts to left side at shoulder level	Look sharply to the right
19-20	Raise onto tip toes, bring hoop up above head, both hands holding hoop	
21-22	Bend knees, taking hoop in left hand open hoop to left shoulder level	Look sharply to the left
23-24	Raise onto tip toes, bring hoop to in front of legs, both hands holding hoop	
25-28	Circle hoop twice in front of body, while raising hoop to above head	Accent on last count hoop above head, in both hands
29-32	Lower hoop down body, bend knees on count 32	
33-40	Raise hoop back over head and down to floor in front of body	
41-48	Spin to single line down the centre of the hall, finish with hoop in both hands above head on flat plain	
1-8	Grapevine to side (behind, side, in front, side, behind, side, together), lowering hoop to shoulders, hoop back to above head on final count	Odd numbers go to the left Even numbers go to the right Accent on count 8

9-12	Sharp point of foot to side, bringing hoop back to shoulder level	Foot lifts to knee before pointing to side
13-16	Repeat (9-12) with opposite foot	
17-24	Repeat Grapevine (1-16) to opposite side to return back to centre line	
25-32	Come onto toes, raise hoop back above head and little runs to spread line further out and bring hoop down to side	
Chorus	In cannon (Number 1 & 5 start on count 1 and in cannon girls 2 & 6; 3 & 7; 4 & 8 - each cannon starts movement after 2 counts)	Odd numbers hold hoop in right hand, even numbers hold hoop in left hand
1-4	Step forward to diagonal, swinging hoop (in opp hand) forward to shoulder level, step back on opposite foot, swinging hoop backwards	Odd numbers step to left on left foot, even numbers step to right on right foot
5-8	Step forward left, together left, hoop swinging on door plane full circle to finish in front of body	
9-16	Repeat (1-8) in reverse	
17-18	Lunge to side, swinging hoop to right side, opposite arm to shoulder level.	Odd numbers lunge to right, even numbers lunge to left
19-20	Bring feet back together, raise hoop to above head, hold with both hands	
21-22	Lunge to opposite side, swinging hoop to right side, opposite arm to shoulder level.	Girls 4 & 8 will not get to lunge and will go straight into spin, girls 2, 3, 6, 7 will only get part of lunge movement, go straight from lunge to spin
23-24	Bring feet back together, drop hoop to rest on the floor in front of body, hold with both hands	
25-32	Pancake turn to left, hoop staying on door plain doing full circle	
33-60	Repeat (*Chorus 1-24) all to other side	
61-64	All run to a circle, facing outwards	
Verse 2		
1-8	Holding hoop low in front of body, step forward on right foot, join left foot, turn by right to face in to circle and step back on right foot. Lift hoop by front to overhead and down to shoulder	Strong upper body bend while circling the hoop
9-15	Circle hoop by right to front and around to starting position	

16	Turn to shoulder into circle and bring hoop to side in one hand	Odd numbers, left shoulder in, even numbers right shoulder in
17-32	In cannon taking 2 counts each, big circle outwards with right hand to bring hoop low to right side. On last count, evens turn to face opposite side	
Chorus 1-60	Repeat Chorus, this time moving sideways instead of on diagonal and hoop swinging sideways on door plain. On pancake turn, complete a half turn to face opposite side (opp shoulder into circle)	No cannon this time for the hoop swings, all start together, but cannon 1-8 for the pancake turn
61-64	All run to a straight line across the back of the hall, finish facing front, hoop by side in right hand	
Verse 3 1-4	In cannon starting with number 1 – wait for 2 counts before number 2 starts Swing hoop forward to shoulder level and back	1 2 3 4 5 6 7 8
5-8	Continue hoop swing into figure of 8, coming over from behind, over to left side and back to right side	Gentle knee rebound
9-12	Turn to face the right on tip toes, swing hoop to the right (back of line)	
13-16	Sharp turn to front bringing hoop to in front of body	
17-20	Slowly lift hoop up to over head	
21-24	Sharp drop to shoulder level, invert right knee and hold	
25-32	Spin back into opening formation, lifting hoop above head	X X X
33-40	Lower hoop by right to rest on the floor, step right foot out to side	X X X X X
41-44	Step left foot to right, turning to right and joining left hand to right hand	
45-48	Step right foot to side to turn to face the back, finish feet apart facing the back, hoop now held by left hand	
49-56	In cannon turn body sharply to left, invert right foot, look over left shoulder to front	
	Finish	