

BEGINNER CHOREOGRAPHY

Version 3 - last updated 8/11/2017

The objective is that each sequence starts with a different number (I starts with a 1, II starts with a 2, etc), and that there are most 1 "special" attacks per sequence. Everyone learns these, and then people can mix-and-match at will -- preferably in a planned manner (II, IV, V, III, etc) rather than improv, but improv can be done in more casual settings.

I

1 4 thrust-2 3

II

2 4 2 shove 3 4 5

III

3 1 spin 2 3 5

IV

4 1/dodge 3 5 3

V

5 kick 2 4 5 1