

SilverSneakers BOOM MOVE Sample Class

BOOM MOVE is a cardio workout featuring dance-style choreography, songs and moves from just about any era, genre and style of music. As long as you have fun, smile and keep moving you're sure to get a great workout. Are you ready to hit the dance floor? Be sure to work at your own pace.

Be sure to cue frequently for breathing, posture, hydration and perceived exertion.

Warm-Up and Range of Motion

1. Step touch R/L and pull back arms (1-16)
 - Progression: Step touch alternate shoulder rolls back R/L (1-16)
2. Hold feet wide shifting weight side to side with weight in heels (1-16)
 - Progression: Elbow rolls back R/L (1-16)
3. Stop shifting weight side to side
 - Progression: Elbow rolls to both elbow rolls back (4)
 - Full arms back (2)
4. Shift weight side to side again while alternating arms to sky R/L stretching through torso (16)
5. Stop shifting weight, reach both arms to sky with jazz hands and shake them down (16)
6. Hold the wide stance
 - Lift both shoulders to ears (4) then R (D/T 4) and L (D/T 4), repeat
 - Grapevine R/L (1-16)
 - Wide stance
 - Shoulders alternate for 4 then to (1, 2 – 3 & 4, 5, 6 – 7 & 8)
 - Grapevine L/R (1-16)
 - Ribcage side to side for (4) then (1, 2 – 3 & 4, 5, 6 – 7 & 8)
 - Squat (4)
 - hips side to side for (4) then (1, 2 – 3 & 4, 5, 6 – 7 & 8)
 - Squat (4)
7. Bring feet together and march R/L (1-16)
 - Progress feet to heel taps, arms across the chest (1-16)
8. R back to lunge with bicep curls (8)
9. Feet together
10. L back lunge with shoulder raises (8)
11. March R/L (1-8)
 - Progression: Wide march with R lead (1-8), return to regular march (1-8)
 - Wide (1-4), in (1-4), wide (1-4), in (1-4)
 - Progression: Marching out, out (1-2) in, in (3-4) out, out (5-6) in, in (7-8) repeat
12. Take it back to heel taps, arms across the chest (1-16)

13. R heel forward, hips back, toes down and up (4)
14. L heel forward, hips back, toes down and up (4)
15. Take it to a march L/R (1-8)
 - Progression: Wide march with L lead (1-8), return to regular march (1-8)
 - Then wide (1-4), in (1-4), wide (1-4), in (1-4)
 - Progression: Marching out, out (1-2) in, in (3-4) out, out (5-6) in, in (7-8) repeat
16. Wide stance with toes turned out and reach both arms to the sky
17. Come down into a plie squat
 - Repeat (4)

Get water – PE Check

Work: Groove Block #1

1. March R/L (1-8)
2. Spicy March (1-32)
 - Add arms high (4) and side (4) (1-32)
 - Add arms high (2) side (2) (1-32)
 - Repeat any option (1-16)
3. Chasse Ball Change (1-32)
 - Add small arm circle (1-32)
 - Add large arm circle (1-32)
 - Repeat any option (1-16)
4. Step (2) on the diagonal with the R, twirk (2), step (2) on the diagonal with the L, twirk (2) (1-32)
 - Add high/low arms (1-32)
 - Add clap after high/low arms (1-32)
 - Repeat any option (1-16)
5. Cross step R/L, walk in a circle, cross step L/R, walk in a circle (1-32)
 - Add L straight and R ½ arm (1-2), L hand on hip, R wrist flick (3-4) and reverse (1-32)
 - Add hop (3-4) jog (5-8) (1-16)
 - Repeat any option (1-16)

Work: Groove Block #2

1. Sassy Step Touch (1-32)
 - Add arms high and low (1-32)
 - Add Pony (1-16)
 - Repeat any option (1-16)
2. Runway Walk front R/L/R/L (1-4), prop R foot (5-6) turn R (7-8) and reverse (1-32)
 - Add arm pose on (5-6) (1-32)
 - Add balance pose on (5-6) (1-16)
 - Repeat any option (1-16)

3. Hands on hips Hello Handsome dip R (1-2), dip L (3-4), cross hands at hips (on 5), hands on hips (on 6) shake shoulders (7-8) (1-32)
 - Add R hand behind head (1-2), L hand behind head (3-4) (1-32)
 - Add jump forward (7-8) (1-16)
 - Repeat any option (1-16)
4. Hips R/L/R/L (1-4) bend & snap hips R, lean L with L heel dig (5-6), up (on 7-8), reverse (1-32)
 - Add high snap (7-8) (1-32)
 - Add toe hops (1-4) (1-16)
 - Repeat any option (1-16)

Work: Groove Block #3

1. Guitar Rock L arm up, R arm strums as you rock forward and back (1-8), reverse (1-32)
 - Add front knee up (1-32)
 - Add front knee and back foot up (1-16)
 - Repeat any option (1-16)
2. Howdy Partner V step R/L (1-4), ½ jack R/L (5-8) (1-32)
 - Add bang-bang hands (1-2), on hips (3-4) and arms high/low (5-8) (1-32)
 - Add full jack (5-8) (1-16)
 - Repeat any option (1-16)
3. Which Way You Look R/L (1-4), walk forward (5-8), look L/R (1-4), walk back (5-8) (1-32)
 - Add punch arms up/down (5-8) (1-32)
 - Add jog (5-8) (1-16)
 - Repeat any option (1-16)
4. Walk Your Way side to side, front to back, in a circle, strut, skip, swagger you choose (1-32)
 - Walk fast double time feet (1-7) pose (on 8) (1-32)
 - Walk Like an Egyptian to the R (1-6), turn (7-8), to the L (1-6), turn (7-8) (1-16)
 - Walk Your Way repeat any option (1-16)

Work: Group Groove – Conga Line

Get water – PE Check

Cool-Down

1. Grapevine R/L (1-24)
 - Progression: Grapevine R touch R/L, grapevine L touch L/R (1-32)
2. March R/L (1-8)
 - Progression: V step (1-16)
 - Progression: Low/high V step (1-16)
 - Hold wide stance
3. Squat 2 down, 2 up (1-16)
4. March L/R (1-8)
 - Progression: V step (1-16)

- Progression: Low/high V step (1-16)
 - Hold wide stance
5. Squat 2 down, 2 up (1-16)
 6. Wide stance Shimmy Walk forward 4, skip back 4 (1-32)
 7. Turn R for the sway and circle (1-32)
 - Ribcage R,L,R,L (1-4)
 - R foot and hips circle to the L (5,6-7,8)
 - Ribcage L,R,L,R (1-4)
 - L foot and hips circle to the R (5,6-7,8)
 - Incorporate warm-up isolations into the sway, shoulders and ribcage move side to side
 8. R heel, L heel with opposite arms to sky as you turn front (1-16)
 9. Squat 2 down, 2 up (1-16)
 10. Wide stance Shimmy Walk forward 4, skip back 4 (1-32)
 11. Turn R for the sway and circle (1-32)
 - Ribcage R,L,R,L (1-4)
 - R foot and hips circle to the L (5,6-7,8)
 - Ribcage L,R,L,R (1-4)
 - L foot and hips circle to the R (5,6-7,8)
 12. R heel, L heel with opposite arms to sky as you turn front (1-16)

Final Stretch

1. Step touch side to side arms up/breathe in, arms down breathe out (1-24)
2. Step out wide
3. In squat position, release back down to thighs then contract and round up (1-32)
4. Turn toes out, inhale arms up and exhale plie squat position (1-16)
 - Drop R shoulder forward looking over L shoulder then reverse (1-16)
5. Step the R foot back into a lunge position (1-8)
 - Reach R arm overhead to the L (1-8)
 - Open arm to the back and lift the chest to the sky (1-8)
 - Step R into L and roll both shoulders back (1-8)
6. Step the L foot back into a lunge position (1-8)
 - Reach L arm overhead to the R (1-8)
 - Open arm to the back and lift the chest to the sky (1-8)
 - Step L into R and roll both shoulders forward (1-8)
7. Wide stance, breathe in, arms overhead
 - Exhale, flex hands as arms come down (1-16)
 - Stop arms half way down

8. Circle arms back for (8) and front for (8)
 - Point hands to floor and sky flexing and releasing hands (1-16)
9. Step back with the L foot, sit back in hips while circling R arm forward and around (1-32)
10. Step wide with L foot
11. L hand grabs R wrist as you stretch to the L (1-8)
12. Step back with the R foot, sit back in hips while circling L arm forward and around (1-32)
13. Step wide with R foot
14. R hand grabs L wrist as you stretch to the R (1-8)
15. Take both arms around to the back as you open the chest
16. Bend knees and contract/release the chest while rolling shoulders front and back (1-16)
17. Turn R, with a wide stance lift the L heel while tucking the pelvis under and curling the arms (1-8)
 - Turn front, circle hips to the R (1-8)
18. Turn L, with a wide stance lift the R heel while tucking the pelvis under and curling the arms (1-8)
 - Turn front, circle hips to the L (1-8)

Get water – PE Check

Relaxation

1. Take a moment to pay gratitude for this time together today, the energy, smiles and positive vibes we have shared with each other. Let's just breathe together for a moment before we dance on to our busy day.
2. Take your feet wide and sway side to side with me as you inhale and exhale. Just loosen up the whole body.
3. To close class, let's inhale one more time arms overhead, bring them half way down and give yourself a big hug.