



JOIN THE ROCKET RULES #SHAKEmob CHALLENGE 2019

#SHAKEmob CHOREOGRAPHY GUIDE

LYRIC

DRUM ROLL INTRO
The earth's crust is made of
Tectonic Plates.....
They move around.....
Shimmy and shake.....
Rumbling ground.....
Things fall and break.....
Let's get prepared.....
So we stay safe.....

CHOREOGRAPHY

Run in, hands "rumbling" on thighs
Right hand bog circle around the body
Paralell forearms, in / out
Spin
Ragdoll
Walk, Walk, Walk, Criss-criss
Side kick across body
Feet together, cross arms
Hands on hips

CHORUS

When the earth starts to rock and roll
Drop cover and hold on.....
Cover, Hold on
When the earth starts to rock and roll
Drop cover and hold on.....
Rule number one.....
Make a safety plan.....
Draw it, talk it, walk it and practice with your fam.....
If you feel a quake and you're not awake.....
Stay in bed
Cover your head.....
So you don't get an ache
Keep away from windows
And broken glass
If you're outside.....
Drop, drop to the grass.....
Watch out for trees and things that fall.....
Like chandeliers if you're shopping in the mall.....

Rainbow arms (right, left, right, left)
Kneel
Forehead to floor (bow prayer), ands interlocked behind neck
Kneeling, rainnbow arms (right, left, right, left)
Kneel, hands behind neck, forehead to floor
Still kneeling, index finger up (#1)
Stand
Floss
Jackhammer hop, backwards
Hands "sleeping" on side of head, bob knees
Arm in front of face, bob knees
Head side to side (right, left, right, left)
Thriller move
Twist
Search (left to right)
Drop on one knee, bob
Tree pose
Gangnam Style (rodeo legs and lasso arm)
Wild knees, money gesture

Next gather these items for your safety kit
Go out and buy them, just follow this list
Shoes, water, cans of food
Flashlight batteries and a whistle too
Band aids and ointment for a boo-boo.....
Don't forget a radio to hear the news.....

Greased Lightning point (right, left)
Greased Lightning point (right, left)
Grapevine right
Grapevine left
Grapevine right
Grapevine left

If you're prepared, don't be scared, Teach your
friends, say it, sing it and share . Spread the word
because you care. Tell everybody everywhere!.....

Step, clap above head (start on right)

DRUM BREAK SOLO.....

Freestyle

CHORUS

Try to remember
To stay calm
Even if you feel like.....
Everything has gone wrong.....
Go to your Safe Zone.....
Your meeting spot.....
Don't be surprised if there's an aftershock!.....

Sitting on knees, Finger to head
Up on knees, Meditate hands
Stand up
Fists to sky (4 times)
Beyonce walk, point to floor
Point down
Jump, hands up (4 times)

CHORUS