



# JOIN THE ROCKET RULES #SHAKEmob CHALLENGE 2020

## #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