

Hip-Hop Majorette with Krimson Kouture: Featuring Vashti B.

[MUSIC PLAYING]

VASHTI B: Welcome, everyone. OK. So we're going to start with high knees.

There we go. And now we're going to stop. And we're just going to go to the right, and step, and to the left. Yep. Yep.

We're going to go to the right, to the left, to the right, to the left. Yep. We'll do that a couple more times. Last time, to the left. And we'll go ahead and get back into high knees.

All right. Great job. Now we're going to come down and we're going to go to the right, to the left, to the right, to the left. Good job. Keep going. Keep it going. There we go.

Here we go-- 1, 2, 3, 4, 5, 6, 7, last time. And we're going to go, 1, 2, 3, and come up. Now, we're going to go back into high knees.

All right. So now we're going to go into our pop. And we're just going to go right, left, right, left. Speed it up. Go right, left, right, left. Just like that. Keep it going.

All right. Now we're going to come back in high knees in just a sec. 5, 6, 7, come up. Good job. All right. So now we're going to go ahead and we're going to dip, dip. Yep. Dip, dip, dip, dip.

There we go. Keep it going. Yep. Good job. All right. And 5, 6, 7, come up. Back into high knees.

All right. So now we're going to go ahead and we're going to start stretching. So we're going to lean down to the right. And go ahead and stretch that out.

All right. Let's go ahead and switch that over to the left. We'll go 1, 2, 3, 4, 5, 6, 7, 8.

We're going to go ahead and go down the middle. So reach down. Go 1, 2, 3, 4, 5, 6, 7, 8. All right. We're going to come up, and we're going to go ahead and stretch our arms. So we'll start with the right arm. And we'll go ahead and switch to the left arm.

All right. Good job. We're going to go ahead and stretch overhead now. So we'll start with the right arm and pull down. All right. And we'll go ahead and go to the left arm, and just lightly pull that down.

All right. I'm going to go ahead and change the song. Now we're going to go ahead and we're going to arm circles. So start backwards. Yep. Good job. Now go ahead and do it forward.

All right, good job. We're going to go ahead and come to the ground, and we'll start reaching down the middle as far as you can. We'll go ahead and reach out to the right. We're going to go ahead and reach to the left now.

All right. We'll go ahead and reach this left leg back, and lean as far as you can-- as far as is comfortable for you. And we'll [? switch ?]. Bring that right leg back, and lean as far as is comfortable for you. Stretch that quad out.

Now we're going to go ahead and bring our right leg over and twist. We'll go ahead and switch-- left leg over and twist.

We'll go ahead and reach as far as you can toward your toes. Then we'll just bring this right leg up like so and just stretch that out. We're going to go ahead and switch.

So now we're going to go ahead, bring it up, shake it out. And y'all can get water real quick, and then we'll go ahead and start with the choreo. All right.

Y'all good? Perfect. So like every day, I'm going to show the choreo first so you can know what you're doing. And then we'll go ahead and get into it. So yes. And like I said before, it's a mix up Swag Surfin'-- if you all know that song-- and Nice for What by Drake. So I'll just show y'all.

[HIP HOP MUSIC PLAYING]

And that's it. OK.

[GIGGLES]

All right. So this is a hip hop majorette class. A lot of the choreo that we've done has been mostly hip hop dominate with kind of a little majorette influence. So this dance is largely hip hop majorette influence. So majorette usually consists of a lot of flowing moves, a lot of mix of modern, and ballet, and all type of stuff, but with hip hop twists.

So that's what we're going to do today. And we're going to go ahead and get into the choreo. So basically how we're starting is our hands are just going to be on our hips like this, and we're going to start to the left first. Well, we're going to be leaning towards the right, but our left foot is going to be just picking up like this. And then we're going to just go back and forth, like this, and we're going to go 8 times.

So I will just count us in. I will just go 1, 2, and so on-- just like that. I'll count us in-- 5, 6, 7, 8. Go 1, 2, 3, 4, 5, 6, 7, 8. So that's going to be how we're going to go right before we move into this move. But actually, right before that, since y'all got the quick one, when the song actually first starts, it's kind of like a prep. We're not really dancing too much, we're just going to be in our places.

So for that, it's basically going to be the same move. So we're basically going to just go 1, 2, 3, 4, 5, 6, 7, 8. And then we're going to go right into what we just learned. So 1, 2-- yep-- 3. 4, 5, 6, 7, 8. So at this part, you're not exerting too much energy, you're really in place, kind of prepping yourself. So you don't have to bring a leg up super far.

Yeah. So we could just try that again. And we'll just start from the double up, and then we'll go into the 1, 2, 3, 4. OK? So 5, 6, 7, 8. Go 1, 2, 3, 4, 5, 6, 7, 8. And faster-- 2, 3, 4, 5, 6, 7, 8. So we'll go ahead and just try that part with the music, just so you all can see the proper count.

[HIP HOP MUSIC PLAYING]

So here we go. We're going to start-- go to the left, yep. To the right, yep. So the left, yep. To the right. Left-- foot, Go faster. 1, 2, 3, 4, 5, 6, 7, 8. OK, perfect.

So that is the beginning. So like I said, pretty easy, before we go into the more difficult moves. So after we do this eight times, we're going to go ahead and we're going to step out with your right leg first. Excuse me. So we're going to go 1, and then we're going to go 2, and then we're going to go 3. But on 3, it's kind of a tricky-- it's not really tricky, but you're going to pretend as if you were going to do a fourth set. But instead, you're going to go up, sit.

So it's going to be kind of like a little roll, sit. So we'll just try that. So from the step-- and you can take small steps since we don't want to run into the mirror. But we could just take short steps.

So I'll count us in. So 5, 6, 7, 8. Go walk, walk, roll, sit. All right, perfect.

Now, we're going to do that again. So just from where we are. So 5, 6, 7, 8. Go walk, walk, roll, sit. All right, perfect.

So we're going to try that again. But this time, I'm going to show you all the arms now that we've got the feet down. So after we do here, here, like I said, we're going to start with our right leg like we learned, and you're going to put your right arm out like this. Perfect.

And then with each walk, we're going to do opposite. And then last leg, opposite. Or not last leg, last walk, right here. And then we're going to roll, sit. OK?

So we're going to try that. And I'll count us in. And when we do the last leg roll, our hands are going to come down for the sit.

So I'll count us in from the first one. So 4, 6, 7, 8. Go walk, walk, roll, sit, and walk, walk, roll, sit. OK. We'll try that again.

So I'll count us in. So 5, 6, 7, 8. Go walk, walk, roll, sit. Again-- walk, walk, roll, sit. All right. Y'all look great.

So again, hip hop majorette, this dance is kind of more what we would call fierce, Krimson Kouture-- confident, fierce, unapologetic, that's our motto. So this is that dance that I want you all to feel really confident in. And you can add your own flavor to it. So once we get more comfortable with the moves, you can start to kind of add your own flavor to it.

So we'll go ahead and start from the very top, without music, and then we'll try with music. So I'll count us in from the first double, the slow one, and then we'll go on. So 5, 6, 7, 8, from the top. 1, 2, 3, 4, 5, 6, 7, 8, and faster. Yep. 3, 4, 5, 6, 7, 8.

Now walk, walk, roll, sit. And walk, walk, roll, sit. OK, perfect.

So now we're going to try it with the music, y'all, so we can get that good feel of it. And are there any questions for anything? No? Y'all look great. But Remember, if you have any questions, just throw your hand up.

[HIP HOP MUSIC PLAYING]

So we're going to you're ready. And here we go. And yep-- and faster. And we're going to walk. Yep. Perfect.

There we go. Attitude, yes. Good job. OK, perfect.

Y'all look great. I see the energy. That's good.

So after we hit the last 1, 2, 3, here, what we're going to do is we're going to step, and we're going to go 1, 2. So yep, we're going to actually add our arms. I'll just do our legs first.

So we're going to go 1, 2, and lean. OK? So that's just simple with the legs. And then with the arms-- this is going to make more sense-- we're basically going to do majorette hands. If you see majorette dancers in the South with the bends, a lot of their hands are big, and there's a lot of movement flow. So we're just going to add our hands spread like this, and we're going to go 1, and 2, and cross, and sit.

So we're going to do that again. So if you notice, when we lean this way, it's just going on top of this hand. And then you're going to lean, lean. So as if you're kind of crossing your shirt, like you're flexing your collar or something. Yep. And we're going to go back up, down.

So that's just going to be 1 and 2. So we're going to try that with this. So 5, 6, 7, 8. Go hands, hands, cross, sit.

We're going to try that again. So 5, 6, 7, 8. Go cross, cross, hands, hands. Perfect.

OK. We're going to try that one more time, and then we're going to take it a little back further. So 5, 6, 7, 8. Go cross, cross, and sit. All right. Y'all look great.

So now we're going to back it up just a little bit, and we're going to start-- so we can take a couple steps back-- from the walk. And then we're going to go into the majorette hands, OK? So 5, 6, 7, 8. Go walk, walk, walk, sit, walk, walk, walk, sit. And hands, hands, and sit.

Yep. My bad. Sorry. Sped it a little too far. So y'all already know it, but we're going to do that part again. So we're going to just repeat this twice. So we're going to do it two times. So we can just do that again from the walk. And then, remember, we're just going to do this sequence two times.

So I'll count us from the walk. 5, 6, 7, 8. Go walk, walk, and sit. Walk, walk, and sit. And cross, cross, cross, sit. Good job. Cross cross, cross, sit.

So now we're going to try that with the music a couple of times, y'all. All right.

[HIP HOP MUSIC PLAYING]

I'll count us in. 5, 6, 7, 8, and yep. Here we go. And faster, go. Yep.

All right, to the walk-- walk, walk, walk, sit. Good job. Walk, walk, walk, sit. And cross, cross. Good job. Yep.

We're going to try that again. All right. Y'all look great.

Here we go. And-- yep. We got it. And faster-- go left, right. To the walk. Yep.

And hands. Good job. Good job. OK.

So-- now we'll get to the really fun part. So after we go cross, cross, the next move-- in previous dances, if y'all remember the hop-step? We've done that in a couple dances. So we're going to just go ahead and do the feet first. And you're just going to go cross, over. We're crossing our left leg over our right leg, and we're just coming here.

And depending on the energy level you want to give to this move, you can make it big or you can make it as small as you want. As long as you're crossing over, then you're getting the correct workout. So we're going to go ahead and cross our feet.

So 5, 6, 7, 8. And cross, cross. OK, perfect.

So now, we're going to add our hands. And so what we're going to do is basically we're going to cross our feet like we just did, but instead, we're going to add our arms. And our arms are just going to be faced like this. And we're going to just bring them down like that and out. So we can try that. And I'll just count us in. And it's just going to be 1, 2.

So I'll kind of spin from the step. So 5, 6, 7, 8. Go cross, out. Perfect

So we're going to try that again. So 5, 6, 7, 8. Go cross, out. Perfect. OK.

So we're going to try this part, and then I'll add in the rest. So we'll go ahead and just do that part one last time. And I'll count us in.

So 5, 6, 7, 8. Go 1, 2. All right, perfect.

So with this next move, basically what we're going to do is we're here. What we're going to do is we're going to bring our fists in. And when our fists come in, so are our feet. So we will be going cross, out, in.

So we're in. Next move-- we're going to go out, and we're going to go back in. So before I go into more detail, we'll just count from here. So I'll go cross, out, in, out, in.

So 5, 6, 7, 8. Go cross, out, in, out, in. Perfect, perfect. OK.

So to give more detail to the arms, basically after we come out, in, you're going to pretend as if you're grabbing something. And now you don't have to make you're hands exactly like this, but that's how we do it to kind of make it more flowy. So you're going to pretend like your imaginary grabbing something, and then you're going to bring it in.

So we grab something from over here, and we brought it in. And we're going to give ourselves a hug, OK, because we love ourselves. So after we bring in it, go like this. And my hand is just kind of sitting on top of my hair. If you want to touch your head, you can. If you want to kind of keep it up here, that's fine.

I'm just kind of grabbing my hair, but that's fine. It's just right here. And our left arm is just kind of sitting. So we'll go ahead and try that sequence from the cross, OK? So I'll count us in.

So 5, 6, 7, 8. Go cross, out, and grab here. OK, we're going to try that again.

So 5, 6, 7, 8. Go cross, out, and grab in. Perfect. OK. So now we're going to try that from this, and then we'll move to that part, OK?

So we'll start from the hands. So 5, 6, 7, 8. Go 1, 2, 3, 5. Good-- 5, 6. Here we go. And cross, out, and out, in. OK, perfect. We'll do that one more time, and then we'll go ahead and fill it with the music. All right?

So 5, 6, 7-- from the hands. Go 1, 2, 3, 4, 5, 6, and here we go. And cross, out, and bring it in. OK, perfect. So now we're going to try that with the music.

And do y'all need or y'all good? Water? All right, we'll get water here in a little bit. But we're going to try it with the music.

[HIP HOP MUSIC PLAYING]

All right. And we go with the hips-- yes. Good job. And we get it faster. Yep. Good job.

And the walk. Good job. All right, hands. Good job. And here we go-- drop, pull, in. OK, perfect.

Good job. We're going to try that one more time.

[HIP HOP MUSIC PLAYING]

Here we go with the hips-- and yep. Good job. Get faster. Here we go with walk. Good job. Good job. Get into arms.

And slide, sit. Here we go. Bring it in. All right, perfect.

All right, moving on. So now the breakdown just came. We just hit pull in. So now what we're going to do is we're going to move our hips. So our hips are going to be leaning this way, but we're going to just be shaking as we're walking. So it's going to be shake, shake, shake, shake. So that's our legs are going to do. So we'll just try that that with the hips.

So 5, 6, 7, 8. Go shake, shake, shake, shake. OK, perfect.

And then as we up arms and we get more comfortable kind of shaking hips. So as we add the arms in we're going to just go-- I don't know why I call it a choo-choo train, but that's kind of what I've always called this. So we're going to do kind of a choo-choo train in here. And we're going to go-- 1, 2, 3.

So as we're shaking our hips, that's going to kind of guide us. So we're going to go shake, and here. And as we're doing the choo-choo, we're going to be looking. And after you do a choo-choo train this way, then we're going to look back straight when we hit this. So we'll just try that part.

So 5, 6, 7, 8. Just 1, 2, 3. So we'll try that again. So I'll count us in. And we'll just go-- 1, 2, 3.

So 5, 6, 7, 8. Go 1, 2, 3. Perfect. So we'll try that again, and then we'll move on.

So 5, 6, 7, 8. Go 1, 2, 3. And if you notice, with each shake, that's how our arms are moving. So if you think of them mechanically, you would just shake, shake, shake. So each movement, your hip is shaking, just like that. And that makes it kind of easier. So we'll just try that again from here.

So 5, 6, 7, 8. Go 1, 2, 3. Perfect. OK. So now it's going to feel less weird, because we're going to add on to it. Because this whole move kind of goes together.

So after we go shake, shake, shake, this is going to go probably more natural. You're just going to shake and shake. OK?

Actually, let's rewind it from here, here. But let's go from this before we move on, just to make sure that we have that whole part down. So we're going to go from cross.

So 5, 6, 7, 8. Go cross, out, and pull it in. Shake here, and then-- yep-- we're going to shake, shake. OK? Perfect.

So we can try that whole sequence, just from the cross. So 5, 6, 7, 8. Go cross, out, and pull it in. And shake here, and shake here.

So what we're going to do is-- and with this part too, this is actually discretion. So when we shake, if you keep it here, you can also go down like that. It's kind of natural for some people to just kind of go down. Because we just have fun in this class. I give y'all freestyle some time. If you fee more natural kind of coming down, because we went here, here, here, here, you can do that. Or if you just want to shake, you could shake up there too. It's not super, super strict.

So we can go ahead and start that move from the cross, and then we'll move on. So 5, 6, 7, from the cross. G Go cross, over, and pull in. Shake, in, and shake, shake. OK, perfect.

So now we're going to try that with the music so y'all can feel that whole eight count.

SPEAKER 2: Hold on one second. [INAUDIBLE].

VASHTI B: Oh, yes.

We're going to try it with the music here.

[HIP HOP MUSIC PLAYING]

All right. Here we go. And hips-- yep. And move faster. And walk here. Good job. Yes.

Now arms-- yep. And 5, 6, here we go. Good job. Shake, shake. All right. See-- good job. So y'all are literally doing amazing. So we're basically to the end of this section, because then we're going to transition into the Nice for What by Drake, which is essentially the same move, it's just way faster.

So we're going to get a real work out here. So after we go, we just went shake, shake-- or if you keep your hands up there, whichever one. So now you don't have to get super close to each other, but when we performed this dance for Krim K we are swag surfing. So you could just surf in place here.

We're going to go to the right and to the left. And we're going to do that eight times, back and forth. And depending on the energy that you want to exert, you can go-- or you can kind of be light. But we tend to bounce a lot. If you want to bounce a lot, that's great. So we can go ahead and just try the surf.

So I'll count us in. So 5, 6, 7, 8. Go surf, surf, surf, surf, 5, 6, 7, 8. OK, perfect.

So now what we're going to do-- well, actually, y'all could grab water real quick-- real quick here. 5:55.

[HIP HOP MUSIC PLAYING]

All right. So if y'all have ever heard of Tae Bo, when they say double-time, double-time, pretty much this Drake part is like double-time. We're going to double it up-- double the speed up. So basically, after y'all do the swag surf-- yep-- we're going to do that, and then you get a little time to kind of breathe and freestyle.

So this is transition time. So you can stay in place and kind of just catch your breath-- whatever. If you want to groove a little bit, you can. And he's going to say, "Gotta hit the club. Gotta make a jump jump. So I'll count us in with the music so y'all know where to come in-- not exactly, but that's what he says.

And once he says that-- once you hear jump-- what we're going to do is we're going to start right from the cross. But we're going to go much faster. So I'm going to count us in, and we're going to just do this part.

So 5, 6, 7, 8. Go cross, out, and reach in. So now, on the count, we're going to go a little faster. OK? So 5, 6, 7, 8. Go cross, out, and out, in.

OK, a little faster this time-- not too much faster. So 5, 6, 7, real speed-- go 1, 2, and bring it in. So that's the real speed y'all. So y'all look great. And we're going to go ahead and add on real speed two. So we're going to do the choo-choo train, shake, shake.

All right. So we're going to try that again, and we're going to add choo-choo here, shake here. So I'll count us in. 5, 6, 7, from the cross. Go cross, out, and bring it, choo-choo here, shake here.

So now we're going to do that whole thing twice. So I'll count us from the cross, and we'll do that whole sequence twice. So 5, 6, 7, from the cross. Go cross, here, and bring it in, choo-choo, shake, shake again. Go cross, out, bring it in, choo-choo here, shake here.

So we're going to try that again. So we're going to do it twice. Y'all are doing great. So 5, 6, 7, 8. Go cross here, and reach in, shake here, shake again. And cross here, and reach in, shake here, shake, shake. Perfect.

So we're going to try it out the music now so y'all can feel the proper speed. And let's see.

[HIP HOP MUSIC PLAYING]

We're going to try the whole thing, OK? We're going to try the whole thing and going fast at the end too. All right? So yep. And faster. Good job.

And walk. Good job. Yes. And arms. Yep.

And here we go. Good job. Now surf, surf-- 3 4, 5, 6, 7. Here we go. And here we go.

Go cross, out, here, here, shake, and again. Go across-- yep. And shake and shake.

OK we're going try that again-- just that part, OK? Because it is much faster. So we are almost done y'all.

We're going to just try that Drake part, OK? So we're surfing here. 5, 6, 7, 8-- yep. And shake, shake again, go cross out, and bring it in. Shake, shake, shake, shake. OK, we're going to try that again.

So we're going to just try that part again. OK, 5, 6, 7, 8-- yep. And shake, and shake again. Yep. And shake. OK, perfect.

So y'all are doing great. So we're going to try the whole thing with double-time. And we're going to try it without music. So I'm going to count us in. We're going to start from here, all right?

So 5, 6, 7, from the top. Go 1, 2, 3, 4, 5, 6, 7, and faster. Go 1, 2, 3, 4, 5, 6, 7, to the walk. We'll walk, walk, walk. Good job. And walk, walk, walk. Good job.

Hands, hands, and sit. Hands, hands, here we go. And cross over, and bring it in, shake, shake, shake, shake again. Cross over, shake here, shake here, and shake to the surf. Go 1, 2, 3, 4, 5, 6, 7, 8.

And relax a little bit-- 5, 6, a little faster. Go cross over, and bring it in, shake, shake, shake, shake again. 1, 2, and bring it in, shake here, shake here. All right? So that looks good, y'all.

We're going to go ahead and try that with the music. And then we're going to do the last move.

[HIP HOP MUSIC PLAYING]

All right, let's get ready here. And here we go-- yep. We're just rocking side to side. And 1, 2, 3, 4-- yep. Here we go, and arms. Good job. Yep.

And arms. Good job, y'all. And 5, 6, here we go. Good job. and we're going to surf. Yeah, surf. Good job. All Right.

Now breathe a little bit. All right. Good job, y'all. That was my bad. I wanted to cue y'all. So that part does come in pretty fast.

[HIP HOP MUSIC PLAYING]

We're going to try that part from the Drake fast part, OK? This is our surfing-- yep. All right, here we go. 5, 6, 7, 8. Yes. And faster, and shake-- yep. And here, and shake, and shake. All right. Yes. OK.

After we do the bring it in, train here, shake shake, we just do that again. And out, in, shake here, shake here. So the very last move, y'all, is we're going to go shake, shake-- so instead of the swag surf, like we did with the first part of the mix, what we're going to do is we're going to go right, left, right, left. And now we're going to rotate this way.

So we'll try that. I'll just count us in and we'll just rotate. And with each step, you're going to be kind of turning this way. And that's kind of a freestyle, so you can do whatever you want with your arms. We're just right, left, right, left. Because we're about to hit our pose.

So let's just try that. I'll count us in. So 5, 6, 7, 8. Go right, left, and we're facing this way now. Yes. So great job, y'all. So let's actually try that from this. So we're going to do this two times, and then we're going to add right, left, right, left.

So 5, 6, 6, from the cross. Go cross out, and out here, shake, shake, shake, shake, shake. Again-- cross, out, come out here, shake, shake, shake, shake. And right, left, turn this way.

So now we're going to go ahead and just finish the choreo. So this part is kind of a freestyle. You can do whatever you want with the pose. But we're just going to go down. So yes, we're kind of leaning on our right here just to keep balance. If you need to put your arm down too, that's fine. We're just coming down, and then we're going to go look, look.

So we're just going to go 1, 2. And we'll come back up and try that, OK? So we'll go 1, 2, 3, 4, and down, look, look. Good job. So I'll try that.

So 5, 6, 7, 8. Go right, left, right, left. Go down, look, look. OK, perfect. And that's the end of the dance, y'all. So y'all did a great job learning all that choreo.

So we'll go ahead and try the whole thing without music, and then we'll do music a few times. And then we'll be able to go ahead cool down. So let's just try it from the top-top.

So from the hips. So 5, 6, 7, 8. Go 1, 2, 3, 4, 5, 6, 7, 8. And 1, 2, 3, 4, 5, 6, 7, with the walk. Let's 1, 2, 3, sit. 1, 2, 3, sit. And hands, hands, lean down, hands, hands.

Here we go. And cross out and bring it in, shake, shake, shake, shake. And swag surf-- 3, 4. And then we're going to freestyle. So 5, 6, speed it up. And 1, 2, bring it in. Shake, shake, speed it up.

Yep. Cross out, bring it in, speed it up. Shake, shake. And 1, 2, 3, 4, down, and look, look. OK, perfect job.

So we're going to go ahead and try that with the music a few times. So I'll count us in.

[HIP HOP MUSIC PLAYING]

OK. Here we go. And faster. And walk. Good job. Yep.

Here we go. Yep. And we're going to swag surf. Here we go, transition. Here we go. Go 5, 6, 7, 8. Good job.

Shake. Again. And shake, and shake. And 1, 2, 3, 4, and down. Good job, y'all. We're got to try that again. So y'all really feel that ending now, I see.

So we're going to do this one last time. Let's get a real good one. You can add facial expressions if you want-- get really into it with the energy attitude.

Oh, here we go-- hips. Good job. And faster. There we go-- yep. That attitude-- good job.

And hands. Here we go. Yep. Good job. All right, transition. 5, 6, 7, 8. Good job.

Let's shake. And shake. Here we go. All right. Great job, y'all. So y'all could go ahead and get water before we do our cool-downs.

All right. So y'all did a great job with the choreo. Now we're going to go ahead and do our cool-down stretches. So we're going to go ahead and bring our right arm over, reach down. There we go. And hold it.

[R&B MUSIC PLAYING]

All right. We'll go ahead switch. Bring that right arm over. There we go. Make sure you are breathing. All right. Now we're going to breathe in. And we're going to breathe out. Reach down.

Now we're going to go ahead and come to the ground. And we're going to bring this left leg in and reach to the right. We'll go ahead a switch over. Bring that right leg in.

All right. Now we're going to go ahead and do the butterfly stretch. Bring both legs in. So now we're going to do my favorite cool down stretch. And we're going to go ahead and lean back, and bring your right leg over, and go ahead and twist and just relax.

And we'll go ahead and switch. Bring that left leg over, and go ahead and twist and relax.

All right. So now we're going to bring it up. And then we'll go ahead and do our head up-- look up, look down, look to the right, look to the left. Look down, look up, look to the left, to the right.

And then we'll go ahead and do some arm circles. So we'll go backwards. Good job, y'all. We're going to go ahead go forward. All right, we're going to go ahead and stretch our arms. And this time, we're going to roll our ankles. Great job.

We'll go ahead and switch, and roll those ankles out. All right. Then we're going to go ahead and lean on our left leg-- reach down. We'll go ahead and switch. Lean on that right leg and reach down.

[MUSIC - NICKI MINAJ FT. LIL WAYNE, "GOOD FORM"]

Now we're going to go ahead and do a lunge stretch. So we'll come down this way, and we'll just lean on our left leg. And then let's not go past our knees here. Great job. And then we're going to go ahead and lean back, and then just reach for your toe here.

All right. And now we're going to go ahead and switch over to this side and take our right leg-- there we go. And we'll go ahead and lean back here and grab that toe. Good job, y'all

So now we're going to go ahead and come up. We're going to shake it out. Now we're just going to take some deep breaths here, lastly. So we're going to breathe in, bring our arms up, and then breathe out. And we're going to breathe in, and we're going to breathe out. And we're going to breathe in one last time, and we're going to breathe out.

All right. And that concludes today's class, y'all. Good job.

[APPLAUSE]

Let me pause. Y'all did a great job. I'm really enjoying teaching this class. I missed teaching it. Y'all are just so great. So I hope that y'all enjoyed the workout today and broke a little sweat. You know, I sure did. So good job, y'all.

[MUSIC PLAYING]