



Super Hero Stomp

Counts	Lyrics	Choreography
1-8	<i>Hey superheroes, did you bring your superpowers today?</i>	Crouch down and bounce 8 times
1-8	<i>You're gonna need them! Let's power up!</i>	Bounce 6 times Jump out to feet wide 2nd position - hands on hips (7-8)
1-8	<i>I'm gonna stand so tall and proud</i>	Fly around the room
1-8	<i>Hands on hips, now look around</i>	Fly around the room
1-8	<i>Lean to the left, and then lean right</i>	Feet wide - hands on hips - rib isolation and look RLRL
1-8	<i>Let's save the world tonight</i>	rib isolation and look RLRL
1-8	<i>Clap 1 2 3 And come with me</i>	Run in place
1-8	<i>It's time to save the day</i>	Run in a circle
1-8	<i>Stomp 1 2 3 Now touch your knees</i>	Roll arms to the right (1-6) Pat thighs 2 times (7-8)
1-8	<i>Go up up and away</i>	Roll arms to the left (1-6) Pat thighs 2 times (7-8)
1-8	<i>Stomp Left Stomp Right, I'm a superhero</i>	Stomp left clap Stomp right clap Stomp left clap Stomp right clap
1-8	<i>Hands up and watch me fly</i>	Pretend to fly - feet in 2nd position plie
1-8	<i>Kick Left Kick Right, I'm a superhero</i>	Big kick left step Big kick right step Big kick left step Big kick right step (moving forward)
1-8	<i>Soaring through the sky</i>	Fly back to your spot
1-4	<i>Watch me fly</i>	Bounce 4 times

1-8	<i>I'm gonna fly around the room</i>	Fly around the room
1-8	<i>Hands in front, now watch me zoom</i>	Fly around the room
1-8	<i>Flying left, and then fly right</i>	Feet wide - hands on hips - rib isolation and look RLRL
1-8	<i>Let's save the world tonight</i>	rib isolation and look RLRL
1-8	<i>Clap 1 2 3 And come with me</i>	Run in place
1-8	<i>It's time to save the day</i>	Run in a circle
1-8	<i>Stomp 1 2 3 Now touch your knees</i>	Roll arms to the right (1-6) Pat thighs 2 times (7-8)
1-8	<i>Go up up and away</i>	Roll arms to the left (1-6) Pat thighs 2 times (7-8)
1-8	<i>Stomp Left Stomp Right, I'm a superhero</i>	Stomp left clap Stomp right clap Stomp left clap Stomp right clap
1-8	<i>Hands up and watch me fly</i>	Pretend to fly - feet in 2nd position plie
1-8	<i>Kick Left Kick Right, I'm a superhero</i>	Big kick left step Big kick right step Big kick left step Big kick right step (moving forward)
1-8	<i>Soaring through the sky</i>	Fly back to your spot
1-8	<i>Stomp Left Stomp Right, I'm a superhero</i>	Stomp left clap Stomp right clap Stomp left clap Stomp right clap
1-8	<i>Hands up and watch me fly</i>	Pretend to fly - feet in 2nd position plie
1-8	<i>Kick Left Kick Right, I'm a superhero</i>	Big kick left step Big kick right step Big kick left step Big kick right step (moving forward)
1-8	<i>Soaring through the sky</i>	Fly back to your spot
1-8	<i>"Way to soar superheroes! That was incredible,</i>	Jump clap RLRL
1-8	<i>your energy saved the world!"</i>	Jump clap RLRL