



## ISO Charleston Challenge – the routine so far...

Song – Scrub Me Mama With A Boogie Beat – Swing Republic

### The Challenge – put together a collaboration of Charleston moves while we are stuck in isolation at home.

How it goes: Charleston (right foot tap forward to begin) then another move (and repeat)

- 1/8 Charleston
- 1/8 360° Charleston anticlockwise
- 1/8 Charleston
- 1/8 360° Charleston anticlockwise
- 1/8 Charleston
- 1/8 Pendulum Charleston right foot tap forward, back, forward, back
- 1/8 Charleston
- 1/8 Pendulum Charleston left foot tap back, forward, back, forward
- 1/8 Charleston
- 1/8 Mammy Taps right foot rotating anticlockwise waving left pointed finger
- 1/8 Charleston
- 1/8 Mammy Taps right foot rotating anticlockwise waving left pointed finger
- 1/8 Charleston
- 1/8 Boogie Drop right then left
- 1/8 Charleston
- 1/8 Boogie Drop right then left
- 1/8 Charleston
- 1/8 Swing Kicks (sideways kicks left first, right, left, right with arms swinging opposite side)
- 1/8 Charleston
- 1/8 Swing Kicks (sideways kicks left first, right, left, right with arms swinging opposite side)
- 1/8 Charleston
- 1/8 Mess Around
- 1/8 Charleston
- 1/8 Mess Around
- 1/8 1920s Charleston
- 1/8 Double Kicks with 180° turn (turn happens in first double kick)
- 1/8 1920s Charleston
- 1/8 Double Kicks with 180° turn

# ISO Charleston Challenge – continued...

- 1/8 1920s Charleston
- 1/8 Slide Of Hand Charleston (knees in and out with hands on them hands switching sides)
- 1/8 1920s Charleston
- 1/8 Slide Of Hand Charleston
- 1/8 Charleston
- 1/8 **Your Move**
- 1/8 Charleston
- 1/8 **Your Move**