

Eye of the Tiger Routine

At start of the song you bounce around like a boxer warming up for a fight.

Right and left punches are thrown when the beats hit at the beginning of song, then jumps are performed in a circle for the second wave of beats.

Two eight counts of stepping left and clapping then stepping right and clapping, then two eight counts of step left and show your belt then step right and show your belt.

Fist pump to the ground and take a knee.

When he sings "rising up" you rise while giving a lifting signal. "back on the streets" you fist pump vigorously. "did my time" point to the left. "took my chances" point to the right and shake head up and down.

Two eight counts of jumping rope, then two eight counts of the treechopper while circling, then two eight counts of upper cuts to the left then right.

Eye of the Tiger sequence:

When he sings "it's the eye of the tiger" you circle your right eye and then make a tiger pose. "it's the thrill of the fight" you take a half grapevine step to the right. "rising up to" jump twice while pumping fist in air. "the challenge of our rival" punch right then left then punch both fists forward. "and the last known survivor" left arm straight out then right arm straight out. "eats his bread in the night" half grapevine to the left. "and he's watching us all with the eye" speed bag low left then speed bag middle right then speed bag top middle. "of the tiger" celebrate with two double handed fist pumps up in the air.

Two eight counts of jumping rope, then two eight counts of the treechopper while circling.

Repeat Eye of the Tiger sequence

Fist pump to the ground and take a knee.

When he sings "rising up" you rise while giving a lifting signal. "back on the streets" you fist pump vigorously. "did my time" point to the left. "took my chances" point to the right and shake head up and down.

Two eight counts of upper cuts to the left then right.

Eye of the Tiger sequence

Right and left punches thrown to first sequence of beats, then jumps in a circle

End the song with a good ole fashioned air guitar and celebrate championship at end.