CREATIVE COMBAT



(Ready stance is with the right leg forward, knees bent and tummy in tight, arms up- fists by jawline)

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| Number | Counts  | Choreography (start at ready stance) |  |
| 1 | 1-45-8 | 2 jabs with right arm , 1 straight with left arm followed by a rest count. (2x) |  |
| 2 | 1-45-8 | Double knee strike leftfour rebounces (low jumps) |  |
| 3 | 1-45-8 | 2x Hooks with left arm followed by duck move. |  |
| 4 | 1-45-8 | Step left forward, kick right leg up, step right back, step left back Rest |  |
| 5 | 1-45-8 | double jab with right, 1 hook with left, double jab with right, 1 hook with left |  |
| 6 | 1-45-8 | DuckElbow with the left, palm of the right hand against the fist |  |
| 7 | 1-45-8 | Front Kick with rightDouble knee strike with left |  |
| 8 | 1-45-8 | Kick – step right high forwardKick –step left high forward |  |
| 9 | 1-23-45-67-8 | Swing with left armDuck downSwing with left armDuck down |  |
| 10 | 1-23-45-67-8 | Switch; jump with ½ turnSwitch: jump with ½ turnSwitch: jump with ½ turn (ending with left leg forward)Bounce (rest) |  |
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