

2017 All Sokol Special Number

"Sokol Baby, Yeah!"

This number is written specifically for all ages. It is written in three parts. A Dance part, a Fitness part and a General part. The Dance part is somewhat tricky and is designed for those who are active and like to dance. The Fitness part is also somewhat tricky and is designed for those who are fit or are looking to become fit by using this number. The General part is easier and designed for those who want something less complex and less active than the other two parts. Repeats are frequent in this number to accelerate the teaching and learning process, and to make it easier to remember. Every participant will be on a dot for this number (See figure 2 – Main Positions).

The number will be counted in fast 4/4 time (eg. 1,2,3,4 – 2,2,3,4 – 3,2,3,4, etc...).

The number is broken into 8 segments as follows:

- 🎧 Intro and Entrance
- 🎧 Part 1 – Groovy
- 🎧 Part 2 – Sokol Baby
- 🎧 Part 3 – Mojo
- 🎧 Part 4 – Sokol Baby Part 2
- 🎧 Part 5 – Break it down
- 🎧 Part 6 – Sokol Baby Part 3
- 🎧 Part 7 – In the round
- 🎧 Part 8 – Groovy - Reprise
- 🎧 Finale – Sokol Baby, Yeah!

Hits for teaching:

- 🎧 The Dance and Fitness parts are primarily for ages 9 and up. You will get a good workout from these parts. Each of these parts requires advanced teaching and learning. **Take EXTRA time to learn these parts.**
- 🎧 The General part is primarily for ages 3-5 (with assistance), 6-9 and Seniors. **Start early with teaching.**
- 🎧 Dance group starts in the middle. 2 Fitness groups start one on each side of the Dance group. General part frames the entire field. One line in back and as many columns as needed on the sides. There may be as many columns of each part as is necessary. It will depend on how many people we have.
- 🎧 The number is counted in fast 4/4.
- 🎧 PLEASE NOTE – A few adjustments have been made in the text (especially with the General Part entrance) that are NOT reflected in the video. Please use the text for accuracy.
- 🎧 Practice, Practice, Practice

Dance Part

Intro and Entrance

Figure 1 – Starting Positions

I	1-4	Hold
II-XIII	1-28	Jog forward 28 steps (4 steps per marker) passing people you meet on the left

Figure 2 – Main Positions

IX	1	Jump astride, Uparm, Palms front, fingers open
	2	Uparm outward
	3	Sidarm
	4	Sidarm downslant
	5	Jump to closefeet, closearm, fingers closed

Part 1 – “Groovy”

I	1-2	Uparm to L, Palms front
	3-4	Uparm to R, Palms front
II	1-4	Repeat I
III	1-4	Repeat I
IV	1-4	Repeat I
V	1-2	L Sidarm, Bend R Sidarm, Palms down
	3-4	R Sidarm, Bend L Sidarm, Palms down
VI	1-4	Repeat V
VII	1-4	Repeat V
VIII	1-4	Repeat V
IX	1-2	Arc downward to L Sidarm, Bend R Sidarm, Palms down
	3-4	Arc downward to R Sidarm, Bend L Sidarm, Palms down
X	1-4	Repeat IX

XI	1-4	Frontal circle downward, Arc downward to closearm
XII	1-4	Hold
XIII-XXIV	1-48	Repeat I-XII with Polka steps. IX-X with slight bow forward, polka with feet in front of one another (watch video)

Part 2 – “Sokol Baby”

I	1 2 3 4	Hop, Uparm, Palms front, Fingers open Hop Hop, Closearm Hop
II	1-4	Hop 360 degree circle to L, Sidearm, Palms up, Fingers closed
III	1-4	Repeat I
IV	1-4	Repeat II to R
V	1-4	Repeat I
VI	1-4	Repeat II
VII	1-4	8 running steps in place (2 steps per count), Uparm through frontarm outward in 4 counts
VIII-IX	1-8	8 steps in place (1 step per count), Closearm through frontarm outward in 8 counts

Part 3 – “Mojo”

I	1-2 3-4	Step L forward, Halfsquat, Bend Closearm, snap twice Uprise, R low sideleg, hands on hips
II	1-2 3-4	Step R forward, Halfsquat, Bend closearm, snap twice Uprise, L low sideleg, hands on hips
III	1-4	Repeat I
IV	1-4	Repeat II (to one full marker forward)
V-VIII	1-16	Repeat I-IV, One full marker backward

IX	1-4	Pose – Twist L 90 degree, Halfsquat, Bend L close arm, Bend R arm behind (See video)
X	1-4	Pose – Repeat IX reverse
XI	1-4	Pose – Twist to face front, Half squat, legs astride, “I don’t know” arms (See video)
XII	1-4	Jump to closefeet, closearm
XIII	1-2 3-4	2 Hops forward L foot, low R sideleg, hands on hips 2 Hops forward R foot, low L sideleg, hands on hips
XIV	1 2 3 4	1 Hop forward L foot, low R sideleg 1 Hop forward R foot, low L sideleg 1 Hop forward L foot, low R sideleg 1 Hop forward R foot, low L sideleg
XV-XVI	1-8	Repeat XIII-XIV to one full marker forward
XVII-XX	1-16	Repeat XIII-XVI going backward one marker
XXI-XXIV	1-16	Repeat IX-XII
XXV	1-4	Hold

Part 4 – “Sokol Baby, Part 2”

I-VII	1-28	Repeat Part 2 (Sokol Baby) I-VII
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Part 5 – “Break It Down”

I	1-4	4 count jog turn 180 degrees to L to middle of 4 markers, Slow closearm through sidearm
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Figure 3

II	1-2 3-4	Sidestep L to low halfsquat, hands on knees Uprise to closefeet closing L to R, Sidearm downslant, palms front, Fingers open
III	1-4	Repeat II
IV	1-4	Repeat II

V 1-4 Repeat II

Begin to move to Figure 4

VI 1-2 Jog 2 steps towards rear, bent closearm, fists in front of chest
3-4 Jog 2 steps towards rear, sidearm downslant, palms front, fingers open (one marker in 4 jogging steps)

VII 1-4 Repeat VI

VIII 1-4 Repeat VI

IX 1-4 Repeat VI

X 1-4 Repeat VI

XI 1-4 Repeat VI

XII 1-4 Repeat VI

Figure 4

XIII 1-4 Repeat VI, but jog in place (do not advance a marker)

XIV 1-4 Pose – Twist L 90 degree, Halfsquat, Bend L close arm, Bend R arm behind (See video)

XV 1-4 Pose – Repeat XIV reverse

XVI 1-4 Pose – Twist L 90 degrees to face back, Half squat, legs astride, “I don’t know” arms (See video)

XVII 1-4 Jump with 180 degree turn to L to face front, closefeet, closearm

XVIII 1-4 Jog one marker forward while spinning 360 degrees to L (in 4 jogging steps)

XIX 1 Jump astride, Sidearm
2 Jump to closefeet, closearm
3 Jump astride, Sidearm
4 Jump to closefeet, closearm

XX-XXI 1-8 Repeat XVIII-XIX

XXII-XXIV	1-8	Repeat XVIII-XIX
XXV-XXVI	1-8	Repeat XVIII-XIX
XXVII	1-4	Jog one marker forward, Frontarm, Point forward
XXVIII	1-4	Jog one marker forward, Sidearm, Point to sides
XXIX	1-4	Jog on marker forward, Frontarm, Point forward
XXX	1-4	Jump to marker, closefeet, closearm and hold

Part 6 – “Sokol Baby – Part 3”

I-IX	1-36	Repeat Part 2 (Sokol Baby) I-IX
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Part 7 – “In the Round”

I-IV	1-16	Front bow on count one, Hold
V	1	Sidestep L, slight halfsquat, slight frontbow, Bend closearm
	2	Closefeet, snap
	3	Sidestep R, slight halfsquat, slight frontbow, Bend closearm
	4	Closefeet, snap
VI	1-4	In slight halfsquat, 4 step turn 360 degree to L, L sidearm downslant, R uparm outward, palms down (Airplane to L)
VII	1-4	Repeat V
VIII	1-4	Repeat VI, Opposite
IX	1-4	Repeat V
X	1-4	Repeat VI
XI	1-4	Repeat V
XII	1-4	Repeat VI, Opposite

Part 8 – “Groovy - Reprise”

I-XII	1-48	Repeat Part 1 (Groovy) XIII-XXIV
XIII	1-4	Hold

Finale – “Sokol Baby, Yeah!”**Begin to move to Figure 5 – Final Positions**

I-VII	1-28	Turn to face middle and Repeat Part 2 (Sokol Baby) I-VII towards clump, no sidearm
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Figure 5 – Final Positions

VIII	1-2	Hold
	3-4	Low L forelunge, Sidearm downslant, palms front, fingers open, shake hands

THE END

Fitness Part

Intro and Entrance

Figure 1 – Starting Positions

I	1-4	Hold
II-XIII	1-28	Jog forward 28 steps (4 steps per marker) passing people you meet on the left

Figure 2 – Main Positions

IX	1	Jump astride, Arms folded in front of chest, fists
	2	Slight bounce
	3	Slight bounce
	4	Slight bounce
	5	Jump to closefeet, closearm, fingers closed

Part 1 – “Groovy”

I	1-2	Deep L Forelunge, hands on hips
	3-4	Bounce
II	1-2	Bounce
	3-4	Bounce
III	1-4	Repeat II
IV	1-4	Repeat II
V	1-2	Pivot 180 degree to R to low R forelunge facing back
	3-4	Bounce
VI	1-4	Repeat II
VII	1-4	Repeat II
VIII	1-4	Repeat II
IX	1-2	Pivot 180 degree to L to low L forelunge facing front
	3-4	Bounce
X	1-2	Pivot 180 degree to R to low R forelunge facing back
	3-4	Bounce

XI	1-2 3-4	Pivot 180 degree to L to low L forelunge facing front Bounce
XII	1-4	Uprise and close L to R, closefeet, close arm, and hold
XIII	1-2 3-4	Deep L Forelunge, L uparm outward, palm down, R bend sidearm downslant in front of chest, palm down Bounce, R uparm outward, palm down, L bend sidearm downslant in front of chest, palm down
XIV	1-2 3-4	Bounce, Repeat arms from XIII 1-2 Bounce, Repeat arms from XIII 3-4
XV	1-4	Repeat XIV
XVI	1-4	Repeat XIV
XVII	1-2 3-4	Pivot 180 degree to R to low R forelunge facing back, L sidearm, palm down, R bend sidearm in front of chest, palm down Bounce, R sidearm, palm down, L bend sidearm in front of chest, palm down
XVIII	1-2 3-4	Bounce, Repeat arms from XVII 1-2 Bounce, Repeat arms from XVII 3-4
XIX	1-4	Repeat XVIII
XX	1-4	Repeat XVIII
XXI	1-2 3-4	Pivot 180 degree to L to low L forelunge facing front, Repeat arms from XVII 1-2 Bounce, Repeat arms from XVII 3-4
XXII	1-2 3-4	Pivot 180 degree to R to low R forelunge facing back, Repeat arms from XVII 1-2 Bounce, Repeat arms from XVII 3-4
XXIII	1-2 3-4	Pivot 180 degree to L to low L forelunge facing front, Repeat arms from XVII 1-2 Bounce, Repeat arms from XVII 3-4
XXIV	1-4	Uprise and close L to R, closefeet, close arm, and hold

Part 2 – “Sokol Baby”

I	1-2 3-4	Support Squat Uprise to stand, Uparm, palms front, hands in fists
II	1-4	Closearm through sidearm, hands in fists
III-IV	1-8	Repeat I-II
V-VI	1-8	Repeat I-II
VII-VIII	1-8	Slow Uparm through sidearm, hands in fists
IX-X	1-8	Slowly lower to support squat, arms through sidearm, hands in fists until support squat position

Part 3 – “Mojo”

I	1-2 3-4	Extend legs to support lying Return to support squat
II	1-4	Repeat I
III	1-4	Repeat I
IV	1-4	Repeat I
V	1-2 3-4	Extend legs astride to support lying straddle Return to support squat
VI	1-4	Repeat V
VII	1-4	Repeat V
VIII	1-4	Repeat V
IX	1-4	Extend L leg to L side
X	1-4	Reverse, extending R leg to R side
XI	1-4	Return to support squat
XII	1-4	Extend legs to support lying

XIII	1-2 3-4	Support lying, Bend arms Up to support lying
XIV	1-4	Repeat XIII
XV	1-4	Repeat XIII
XVI	1-4	Repeat XIII
XVII	1-2 3-4	Legs astride to support lying straddle, bend arms Up to support lying straddle
XVIII	1-4	Repeat XVII
XIX	1-4	Repeat XVII
XX	1-4	Repeat XVII
XXI	1-4	Jump to close leg support lying
XXII	1-4	Return to support squat
XXIII	1-4	Rise to stand, closefeet, closearm
XXIV-XXV	1-8	Hold

Part 4 – “Sokol Baby, Part 2”

I-VII	1-28	Repeat Part 2 (Sokol Baby) I-VII
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Part 5 – “Break It Down”

I	1-4	4 count jog turn 180 degrees to L to middle of 4 markers, Slow closearm through sidearm
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Figure 3

II	1-2 3-4	Sidestep L to low halfsquat, hands on knees Uprise to closefeet closing L to R, Sidearm downslant, Hands in fists
III	1-4	Repeat II
IV	1-4	Repeat II

V 1-4 Repeat II

Begin moving to Figure 4

VI 1-2 Jog 2 steps towards rear, closearm
3-4 Jog 2 steps towards rear, sidearm downslant (one marker in 4 jogging steps), Hands in fists

VII 1-4 Repeat VI

VIII 1-4 Repeat VI

IX 1-4 Repeat VI

X 1-4 Repeat VI

XI 1-4 Repeat VI

XII 1-4 Repeat VI

Figure 4

XIII 1-4 Repeat VI, but jog in place (do not advance a marker)

XIV 1-4 Jump astride to halfsquat, L sidearm, R bend sidearm in front of chest, Hands in fists, Look L

XV 1-4 Repeat XIV reverse

XVI 1-4 Face front, Half squat, legs astride, Sidearm

XVII 1-4 Jump with 180 degree turn to face front, closefeet, closearm

XVIII 1-4 Jog one marker forward (in 4 jogging steps)

XIX 1 Jump astride, Sidearm
2 Jump to closefeet, closearm
3 Jump astride, Sidearm
4 Jump to closefeet, closearm

XX-XXI 1-8 Repeat XVIII-XIX

XXII-XXIV 1-8 Repeat XVIII-XIX

XXV-XXVI	1-8	Repeat XVIII-XIX
XXVII	1-4	Jog one marker forward, Frontarm
XXVIII	1-4	Jog one marker forward, Sidearm
XXIX	1-4	Jog on marker forward, Frontarm
XXX	1-4	Jump to marker, closefeet, closearm and hold

Part 6 – “Sokol Baby – Part 3”

I-IX	1-36	Repeat Part 2 (Sokol Baby) I-IX
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Part 7 – “In the Round”

I-II	1-8	Front bow on count one, Hold
III	1-2 3-4	Support Squat Extend legs backward to support lying
IV	1-2 3-4	Support Squat Rise to stand closefeet, closearm
V-VI	1-8	Repeat III-IV
VII-VIII	1-8	Repeat III-IV
IX-X	1-8	Repeat III-IV
XI-XII	1-8	Repeat I-II, rising to stand upright on last 4

Part 8 – “Groovy - Reprise”

I-XII	1-48	Repeat Part 1 (Groovy) XIII-XXIV, Turn to face middle on last 4 counts
XIII	1-4	Hold

Finale – “Sokol Baby, Yeah!”**Begin to move to Figure 5 – Final Positions**

I-VII	1-28	Repeat Part 2 (Sokol Baby) I-VII towards clump, slow down through sidearm
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Figure 5 – Final Positions

VIII	1-2	Hold
	3-4	Sidestep L to stand legs astride, Arms folded in front of chest.

THE END

General Part

Intro and Entrance – NOTE...This part is different than the video. The text is correct.

Figure 1 – Starting Positions

I-IV	1-16	Hold
V	1-2	Uparm, Palms front
	3-4	Closearm
VI	1-4	Repeat V
VII	1-4	Repeat V
VIII	1-4	Repeat V

Figure 2 – Main Positions

IX	1	Sidearm downslant, palms down
	2	Sidearm
	3	Sidearm upslant, palms front
	4	Uparm, palms front
	5	Closearm through sidearm

Part 1 – “Groovy”

I	1-2	L uparm outward, thru sidearm, palm down
	3-4	L Closearm, R uparm outward, thru sidearm, palm down
II	1-4	R Closearm and Repeat I
III	1-4	Repeat II
IV	1-4	Repeat II
V	1-2	R Closearm, L Sidearm, palm down
	3-4	L Closearm, R Sidearm, palm down
VI	1-4	Repeat V

VII	1-4	Repeat V
VIII	1-4	Repeat V
IX	1-2 3-4	Arc downward to L Sidearm, Bend R Sidearm, Palms down Arc downward to R Sidearm, Bend L Sidearm, Palms down
X	1-4	Repeat IX
XI	1-4	Frontal circle downward, Arc downward to closearm
XII	1-4	Hold
XIII-XXIV	1-48	Repeat I-XII

Part 2 – “Sokol Baby”

I	1 2-3	Uparm outward, Palms front Hold
II	1 2 3 4	Sidearm downslant, Palms down, bounce Bounce Bounce Bounce
III-IV	1-8	Repeat I-II
V-VI	1-8	Repeat I-II
VII	1-4	Slow uparm outward, palms front
VIII-IX	1-8	Slow closearm through frontarm outward in 8 counts

Part 3 – “Mojo”

I	1-2 3-4	L Sidestride, Punch R to right side, L bend closearm, hand in fist, Look R Punch again R to right side
II	1-4	Repeat I – Reverse
III	1-4	Repeat I
IV	1-4	Repeat I – Reverse

V-VIII	1-16	Repeat I-IV, Punching sidearm upslant
IX	1-4	Trunk twist L 90 degrees, Thrust both fists to frontarm
X	1-4	Trunk twist R 180 degrees, Thrust both fists to frontarm
XI	1-4	Trunk twist L 90 degrees, Thrust both fists to frontarm
XII	1-4	Jump to closefeet, closearm
XIII-XXIV	1-48	Repeat I-XII
XXV	1-4	Hold

Part 4 – “Sokol Baby, Part 2”

I-VII	1-28	Repeat Part 2 (Sokol Baby) I-VII
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Part 5 – “Break It Down”

I	1-4	Hold (in uparm outward)
II	1-2 3-4	Frontarm outward, palms down Uparm outward, palms front
III	1-4	Repeat II
IV	1-4	Repeat II
V	1-4	Repeat II
VI	1-2 3-4	L Sidestride halfsquat, hands on thighs Uprise to stand, closefeet, closearm
VII	1 2 3 4	Sidearm, Palms down Closearm Sidearm, Palms down Closearm
VIII-IX	1-8	Repeat VI-VII
X-XI	1-8	Repeat VI-VII

XII-XIII	1-8	Repeat VI-VII
XIV	1-4	L Sidestride, Trunk twist L 90 degrees, Thrust both fists to frontarm
XV	1-4	Trunk twist R 180 degrees, Thrust both fists to frontarm
XVI	1-4	Trunk twist L 90 degrees, Thrust both fists to frontarm
XVII	1-4	Jump to closefeet, closearm
XVIII-XXX	1-4	Repeat VI-XVII

Part 6 – “Sokol Baby – Part 3”

I-IX	1-36	Repeat Part 2 (Sokol Baby) I-IX
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Part 7 – “In the Round”

I	1-2 3-4	Sidearm downslant, palms down Sidearm, palms down
II	1-2 3-4	Uparm Outward, palms front Uparm, palms front
III	1-2 3-4	Uparm outward, palm front Sidearm, palms down
IV	1-2 3-4	Sidearm downslant, palms down Closearm
V-VIII	1-16	Repeat I-IV
IX-XII	1-16	Front bow on count 1, hands on thighs. Hold, rising to stand upright on last 4

Part 8 – “Groovy - Reprise”

I-XII	1-48	Repeat Part 1 (Groovy) XIII-XXIV
XIII	1-4	Hold

Finale – “Sokol Baby, Yeah!”**Begin to move to Figure 5 – Final Positions**

I-VII	1-28	Repeat Part 2 (Sokol Baby) I-VII and move towards clump (Diagram 5), walking on uparm outward, bouncing on sidearm downslant
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Figure 5 – Final Positions

VIII	1-2	Hold
	3-4	L forelunge, Uparm outward, palms front, fingers open, shake hands

THE END

Figure 2 – Main Positions

**Diagram 2
Main Positions**

G = General
D = Dance
F = Fitness

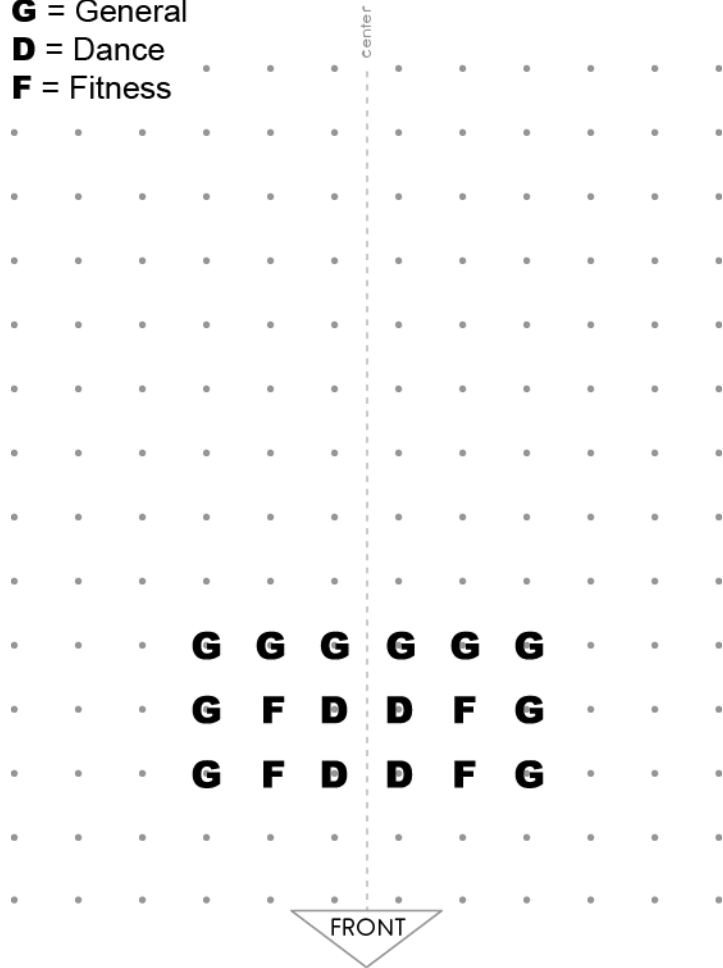


Figure 3

Diagram 3

G = General
D = Dance
F = Fitness

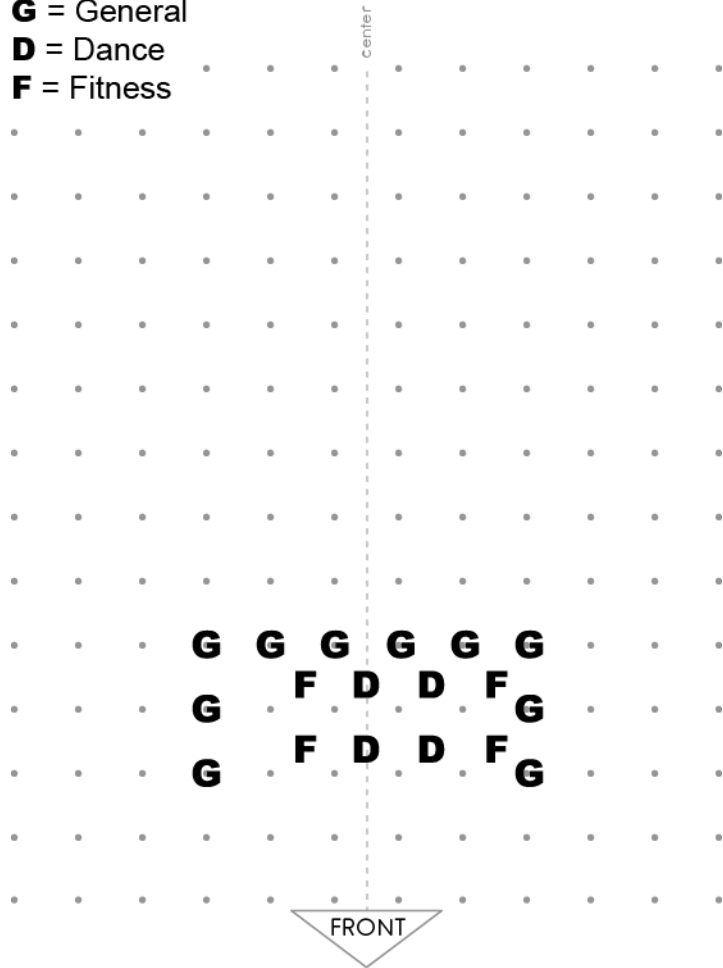


Figure 5 – Clump

Diagram 5
Final Positions – “Clump”

G = General
D = Dance
F = Fitness

