



## 2026 BC Provincial Gymnaestrada Flash Mob Instructions

See video linked [HERE](#) for more detailed instructions and the mash-up song linked [HERE](#)

### Intro (1 × 8-count)

- Start standing with feet apart, arms down, head down
- **Counts 7–8:** Arms rise up

### Part 1 (4 × 8-counts)

- **1½ × 8-count:**
  - 3× right foot stomp, 1× left foot stomp, 3 claps overhead
- **4 counts:** Arms down the side
- **2 × 8-counts:**
  - 4× left arm up, then switch to right arm, Right arm punches 2×

### Part 2 (2 × 8-counts)

- Windmill arms left to right (1 × 8)
- Windmill arms right to left (1 × 8)

### Part 3 (2 × 8-counts)

- **4 counts:** Bounce facing left
- **4 counts:** Shoulder shrugs facing front
- **2 × 4 counts:** Shoulder shrugs right, then left

### Part 4 (1 × 8-count)

- Right arm out, Left arm out, Both arms up, Bend, up, bend, up

### Part 5 (2 × 8-counts)

- Right arm down, Left arm down, Right arm up, Left arm up

### Part 6 (2 × 8-counts)

- **3× (fast):**

- Right arm down, Left arm down, Right arm up, Left arm up
- **4 counts:**
  - Feet together (2 counts) Pose (2 counts)

**Part 7 (4 × 8-counts)**

- 4× grapevines (right, then left), Jump with left arm up
- **Note:** *Get flag ready during the grapevines*

**Part 8 (4 × 8-counts)**

- Wave flag side to side (right hand)

**Ending (4 × 8-counts)**

- Wave flag: right, left, down, up
- Last movement is slow on the final “up”