

Time to Start

Blue Man Group

its time to start
rock concert movement number one
the basic head bob
ready go rock concert movement number two
the one armed fist pump
ready go in a moment it will be time to execute rock concert movement number three
the up and down jumping motion
here are your instructions
step one bend your knees and then jump into the air
step two let gravity bring you back down
and upon landing rock your head forward
step three repeat ready go its time to start rock concert movement number four the behind the head leg stretch
ready go

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