


**THE ENERGY ZONE™  
ATHLETIC CHOREOGRAPHY  
END PATTERN**

Height	Approach	Music (bpm)
Zero or Zone 1		"Forever" "Crying at the Discotech" "Cant get you outta" "Skater Boy" (142)

Start block front facing at left edge of equipment:

Block 1	Music Counts
1. x2 alt heel rocks R leg lead/3 step run across to opposite edge	8 cts
2. x4 alt knees rocks at right edge	8 cts
3. x2 alt leap lunges – turn to face the zone	8 cts
4. x2 jogs through the zone	8 cts

Repeat block L leg lead at right edge of equipment.

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