Time to Start

Blue Man Group

It's time to start Rock concert movement number one The basic head bob Ready goRock concert movement number two The one armed fist pump Ready goIn a moment it will be time to execute rock concert movement number three The up and down jumping motionHere 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 foreward Step three: Repeat Ready go It's time to start Rock concert movement number four The behind the head leg stretch Ready go

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