

Time to Start

Blue Man Group

It's time to start.

Rock concert movement #1:

The basic head-bob.

Ready. Go.

Rock concert movement #2:

The one-armed fist pump.

Ready. Go.

In a moment, it will be time to execute rock concert movement #3.

Here are your instructions:

Step 1: Bend your knees, and then jump into the air.

Step 2: Let gravity bring you back down, and upon landing, rock your head forward.

Step 3: Repeat.

Ready. Go.

It's time to start.

Rock concert movement #4:

The behind-the-head leg stretch.

Ready. Go.