

walk

jump

turn

leap

**clap**

(by yourself, partner or group)

**gallop**

**wiggle**

**criss-cross**

shrug

skip

turning  
jump

kick

pivot  
turn

balance

stretch

Can-can

(kick line)

twist

crazy  
hands

Slide

(on your feet)

crazy  
feet

# Snap

(pretend if you can't make the noise 😊)

# grapevine

(example: feet= step open, step across, step open, step close)

# hop

# bend

# Freebie!

(something safe that everyone in the group can do)

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