

POWER

WALK

**POCKET
PUNCHERS**

SLIDE

SKIP

KARAOKE

SIDE SKIP

BEAR CRAWL

HANDS & FEET, NO KNEES

CRAB

WALK

**HIGH
KNEES**

SLIDE SWITCH

2 SLIDES LEFT, 2 SLIDES RIGHT

**HOP ON
ONE FOOT**

**HOP ON
TWO FEET**

FUNKY JJ

**JUMPING JACKS, MOVING
AROUND THE CONES**

**HIGH KNEES
& PUNCH
THE SKY**

LUNGES