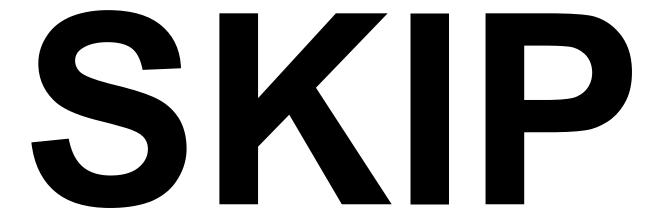
# POWER WALK

## POCKET PUNCHERS





#### KARAOKE

#### SIDE SKIP

#### BEAR CRAWL HANDS & FEET, NO KNEES

## CRAB

## 

## 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