



Spin

Spin to the RIGHT or to the LEFT.



Drop-and-Pop

Try it facing ANY DIRECTION.



Shoulder Pop

Use BOTH shoulders or try ONE AT A TIME.



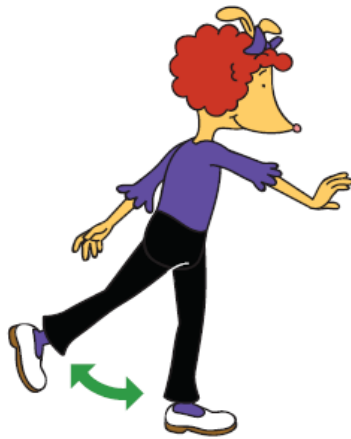
Arm Swing

Swing your RIGHT arm or your LEFT arm.



Side Kick

Use your RIGHT or your LEFT leg.



Back Kick

Use your RIGHT or your LEFT leg.



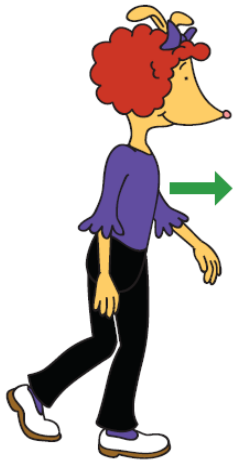
Straight Jump

Jump IN PLACE or TRAVEL.
(Bend your knees when you land!)



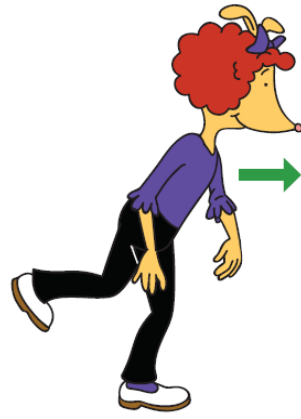
Front Kick

Use your RIGHT or your LEFT leg.



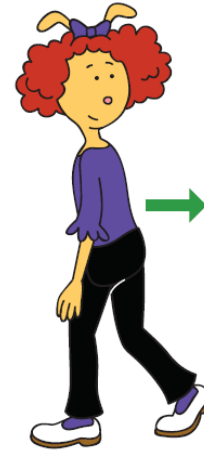
Walks Forward

Walk STRAIGHT or in a CIRCLE or make a ZIGZAG.



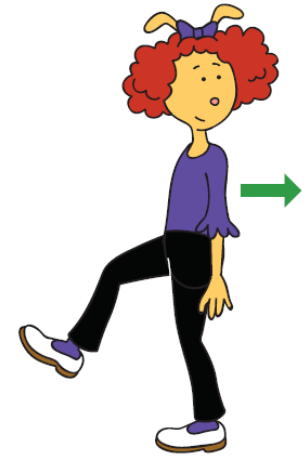
Runs Forward

Run STRAIGHT or in a CIRCLE or make a ZIGZAG.



Walks Backward

Look where you're going!



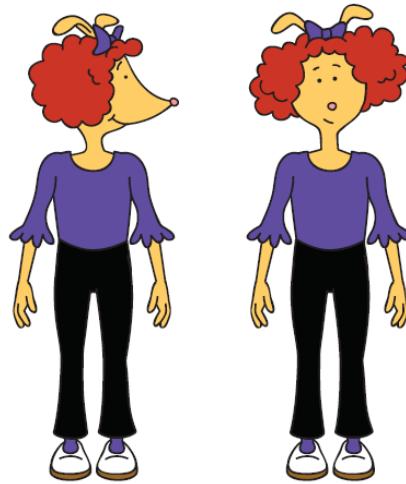
Runs Backward

Look where you're going!



Tuck Jump

Jump IN PLACE or TRAVEL. (Bend your knees when you land!)



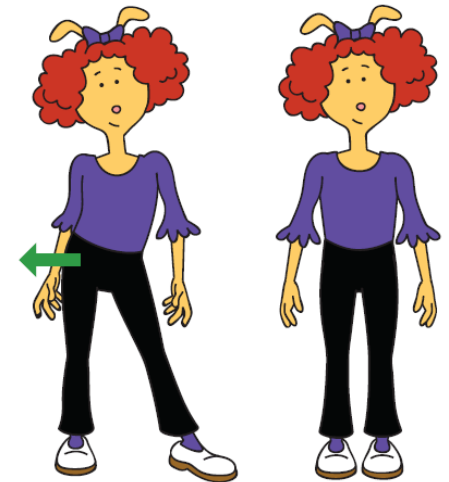
Head Turn

Turn your head to the RIGHT or to the LEFT.



Twist

Twist to your RIGHT or to your LEFT.



Hip Pops

Use your RIGHT or your LEFT hip.