

Glut Scoot Boogie – Students are seated on the floor; knees bent. (You are In crab position.)

Move 3 steps to the R, kick

Move 3 steps to the L, kick

In place, kick R, kick L, kick R, kick L

Wag hips 3 times; sit on floor on 4th count

Leaning back to contract abs, hands clap floor twice, clap over your head twice, on floor twice, over head twice.

Scoot fanny using gluts 3 times, or spin around.

Push up to crab position again and repeat.

Chicken Dance – Twist on an oldie but goodie! With a partner, make a single chicken by standing shoulder to shoulder and linking elbows. Each partner balances on their outside foot and performs the hand movements for beak and wing (use outside hand.) Finish by wiggling and clapping your outside hand with your partner's outside hand. During the chorus, perform a loco motor movement instructed by the teacher to find a new partner for the next verse. Repeat.