



Lift your left hand

Make this many steps forward

Lift your right hand

Make this many steps back

Bend your left elbow

Make this many steps left

Bend your right elbow

Make this many steps right

Straighten your hands

Drop your hands

Jump this many times

Squat

Turn right this many times

Straighten up

Turn left this many times

Raise your right leg

March in place this many times

Lift your left leg

Squat

Clap this many times

Look up

Blink your left eye this many times

Look down

Blink your right eye this many times

Look left

Blink your eyes this many times

Look right

Smile

Stomp your right leg this many times

Go back to your start position

Stomp your left leg this many times

Go back to your start pose

Count to

Put your hands on your hips

Do a jumping jack this many times

Bow



