











- 1. Right hand to right shoulder
- 2. Left hand to left shoulder
- 3. Shimmy back
- 4. Lunge right
- 5. Lunge left
- 6. Raise arms wide circle















- 7. Up to your head
- 8. Bring hands downs to centre & catch
- 9. Turn hands to right but keep together
- 10. Open the fingers
- Move left hand down to reveal right hand
- 12. Rest left hand on right elbow

