B	I	N	G	O
run in place	Bird	H-S-K-T	deep knee bends	Sit-ups
Freak Out and Freeze	push ups	The Wave	Chicken Dance High Knees	arm circles forward
jumping jacks	touch toes	**FREE**	Elephant	Jump-Ups
Monkey	free style	Proud Warrior	Hussle	Texas Ts
Hokey Pokey	Evreybody is shuffelin'	arm circles backwards	waist twists	Gangnam Style

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B	I	N	G	O
touch toes	Chicken Dance High Knees	deep knee bends	Freak Out and Freeze	The Wave
H-S-K-T	waist twists	Sit-ups	Evreybody is shuffelin'	arm circles forward
Monkey	Elephant	**FREE**	Jump-Ups	Bird
Hussle	arm circles backwards	run in place	Gangnam Style	free style
Proud Warrior	Texas Ts	jumping jacks	push ups	Hokey Pokey

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B	I	N	G	O
Evreybody is shuffelin'	arm circles backwards	Chicken Dance High Knees	Texas Ts	Elephant
run in place	Monkey	Proud Warrior	push ups	Sit-ups
jumping jacks	Gangnam Style	**FREE**	free style	Hussle
touch toes	arm circles forward	deep knee bends	waist twists	H-S-K-T
Jump-Ups	Bird	The Wave	Freak Out and Freeze	Hokey Pokey

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