

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

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	Swim	Evreybody is shuffelin'	arm circles forward
Proud Warrior	Elephant	FREE	Monkey	Bird
Jump-Ups	arm circles backwards	run in place	Gangnam Style	free style
Sit-ups	Texas Ts	jumping jacks	push ups	Hokey Pokey

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