

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

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

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