

B	I	N	G	O
Walk	Bend	Balance	Leap	Stretch
Shake	Jab	Twist	Skip	Crawl
Step	Swing	Wave	Creep	Push
Rise	Stroll	Roll	Spin	Melt
March Stomp	Shuffle	Hop	Sink	Tiptoe

B	I	N	G	O
Duck	Stretch	Push	Creep	Rise
Twist	Crawl	Wave	Tiptoe	Bend
Skip	Shuffle	Sink	Rock	Shake
Jog	Leap	Slide	Step	Sway
Hop	Spin	Jab	Balance	Roll

B	I	N	G	O
Jab	Sink	Walk	Duck	Zig Zag
Wiggle	Jog	Crawl	Stretch	Skip
Kick	Bend	Wave	Shake	Hop
Roll	Step	Rise	Leap	Creep
Push	March Stomp	Spin	Twist	Sway