

B	I	N	G	O
Wrist rolls	Ankle Rolls	Hip Circles	Freestyle	Side Arm Raises
March In Place	Chicken Dance	Toe raises	Running arms	Toe Touches
Baby Squats	Knee Lifts	Chest Stretch	Lunges Back	Side Twist
Macarena	Shoulder Rolls	Sideways Bend	Heel Toe walk	Front arm raises
Neck Rotations	Butt Kicks	Neck stretch	Arm Circles	Side Bends

B	I	N	G	O
Knee Lifts	Baby Squats	Lunges Back	Toe raises	Ankle Rolls
Wrist rolls	Running arms	Side Arm Raises	Neck Rotations	Arm Circles
Neck stretch	Toe Touches	Chicken Dance	Freestyle	Shimmy
sideways walking	Side Bends	Side Twist	Chest Stretch	Shoulder Rolls
Hip Circles	March In Place	Walk in place	Butt Kicks	walking grapevine

B	I	N	G	O
sideways walking	Chicken Dance	Arm Circles	Side Bends	Running arms
Diagonal toe touches	walking grapevine	Ankle Rolls	Wrist rolls	March In Place
Chest Stretch	Side Arm Raises	Lunges Back	Freestyle	Neck stretch
Knee Lifts	Front arm raises	Shoulder Rolls	Walk in place	Dance
Side Twist	Macarena	Hip Circles	Butt Kicks	Neck Rotations