

M	O	V	e	S
Touch your head	Bend towards your toes	Bend your elbow	Reach out toward the side	Raise arms above head
Bend your elbow	Touch your head	Raise arms above head	Bend towards your toes	Reach out toward the side
Bend towards your toes	Give yourself a hug	FREE	Give yourself a hug	Reach out toward the side
Give yourself a hug	Reach out toward the side	Give yourself a hug	Raise arms above head	Bend your elbow
Bend towards your toes	Bend towards your toes	Raise arms above head	Bend your elbow	Raise arms above head

M	O	V	e	S
Touch your head	Reach out toward the side	Reach out toward the side	Raise arms above head	Reach out toward the side
Bend towards your toes	Bend towards your toes	Raise arms above head	Raise arms above head	Bend your elbow
Raise arms above head	Bend towards your toes	FREE	Give yourself a hug	Bend towards your toes
Raise arms above head	Touch your head	Touch your head	Bend your elbow	Bend towards your toes
Reach out toward the side	Bend your elbow	Give yourself a hug	Bend your elbow	Give yourself a hug

M	O	V	e	S
Raise arms above head	Bend your elbow	Reach out toward the side	Raise arms above head	Bend your elbow
Bend towards your toes	Touch your head	Bend your elbow	Touch your head	Touch your head
Bend your elbow	Reach out toward the side	FREE	Give yourself a hug	Reach out toward the side
Bend towards your toes	Bend towards your toes	Raise arms above head	Give yourself a hug	Give yourself a hug
Touch your head	Bend towards your toes	Reach out toward the side	Bend towards your toes	Touch your head