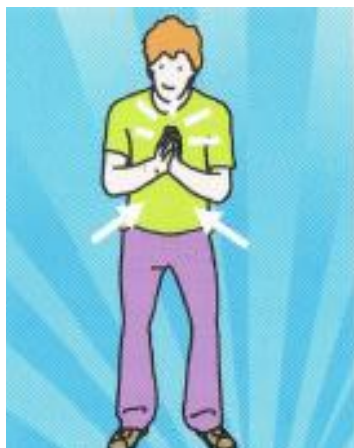


The Hitch Hike



Step 1:

With your feet locked to the floor, point your right thumb over your right shoulder for a count of three...



Step 2:

... then clap once.



Step 3:

Same again, but this time with your left thumb-over your left shoulder for three...



Step 4:

... and back for another clap.

The Sprinkler



Step 1:

Hold your left arm straight out in front of you. Ball your hand into a fist.



Step 2:

Bring your right fist up to your right ear, with the elbow pointing forward.



Step 3:

In time with the beat, bring your right elbow and your left forearm together and back out again.



Step 4:

Repeat three times while rotating your body 90 degrees to the left, then return to your starting position.

The V-Sign



Step 1:

Make a "V" with the index and middle fingers of your right hand and bring it up to eye level, palm out.



Step 2:

Move your hand in front of you from left to right.



Step 3:

Repeat on the left side - shimmy a "V" of your left fingers...



Step 4:

... across from right to left. Repeat as desired.

Big Fish, Little Fish, Cardboard Box



Step 1:

Stand with your hand out in front of you, a fair distance from one another (as if measuring a big fish).



Step 2:

Shrink the size of the imaginary fish on the next beat.



Step 3:

On the next beat, mime a box by switching your hands so they are one above the other...



Step 4:

... then complete the box on the next beat by switching your hands back to mime its sides. Continue this series of moments.

The Grapevine



Step 1:

Take a short sideward step, then step across and in front with your other foot.



Step 2:

Another step to the side, then step across and behind with your other foot.



Step 3:

You can continue in the same direction, or break and head off in another.



Step 4:

Roll your grapevine by simply stepping further over, turning your whole body.

The Lawnmower



Step 1:

Start the engine – bend down and yank the invisible starting cord in time with the rhythm of the music.



Step 2:

Stand with your hands out in front of you.



Step 3:

Alternate lifting your feet in time with the music, swaying your hips as you go.



Step 4:

Occasionally wipe your brow with one hand – mowing can be a sweaty business!

Climb the Ladder



Step 1:

Raise one hand a little above shoulder height and keep the other hand slightly below. Gently ball your fists.



Step 2:

Slide the upper hand down to below shoulder height and slide the lower hand above, both at the same time.



Step 3:

Slide your two hands back to the original starting points.



Step 4:

With accompanying enthusiastic lifts of the shoulders, repeat Steps 2 and 3 until you've climbed yourself out.

Stack the Shelves



Step 1:

Turn right and place an imaginary can onto its imaginary shelf.



Step 2:

Turn left and repeat the can action.



Step 3:

Once mastered, why not move onto bigger items...



Step 4:

... placed on shelving at different heights? Enliven with shoulder twists and foot stomps.

Sunrise Sunset



Step 1:

Standing with your feet roughly shoulder width apart, cross your arms straight down in front of you.



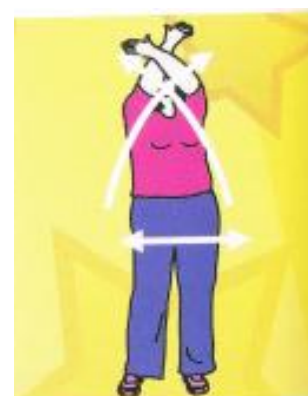
Step 2:

Arc your left arm counterclockwise and your right arm clockwise at the same time, keeping them nice and straight (Sunrise).



Step 3:

Arc both arms back to their original starting points, going in the opposite directions (Sunset).



Step 4:

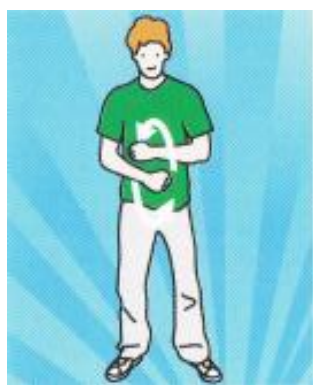
Repeat, swaying hips and shaking head.

Eggbeater



Step 1:

Raise your hands to chest height, right in front of left, and gently clench your fists, facing toward you.



Step 2:

Vigorously rotate your fists around each other.



Step 3:

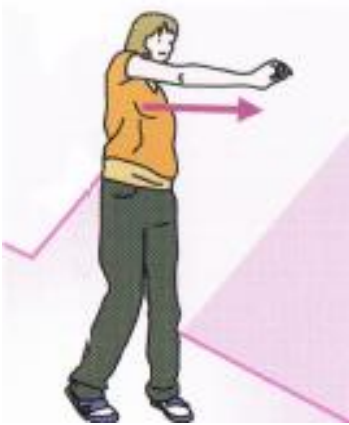
Then vigorously rotate your fists back the other way.



Step 4:

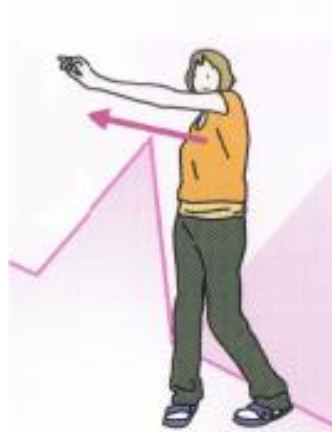
Pair this up with a simple foot move like the Grapevine to add interest.

One From Here, One From There



Step 1:

With your right arm, reach across your body to the left side, then bring your arm back in.



Step 2:

Repeat the move with your left arm, stretching over to your right then back.



Step 3:

Alter the heights to which you reach - go higher and lower.



Step 4:

All the while keep your legs moving - right out then in, left out then in.

The Whip



Step 1:

Raise your right arm above your head...



Step 2:

... and flick your wrist on the upbeat, as if whipping something or someone.



Step 3:

Practice the same move with your left arm - raise above your head...



Step 4:

... and flick, maybe more than once if you fancy. Move your hips as you whip.

The Travolta



Step 1:

Place your feet a little more than shoulder width apart, pointing slightly to the right.



Step 2:

With your left arm away from your body, point skyward with your right hand.



Step 3:

Bring your right arm across your body and point down and left.



Step 4:

Repeat with your left arm - point straight up, then down and right. Your hips should move in time.

Hammer Time



Step 1:

Stand with your feet a little more than shoulder width apart and pointing outward, with your knees bent.



Step 2:

To move right, swivel your right foot from the ankle, pointing to the right then the left at some speed.



Step 3:

Use your right foot as the engine, and slide your left foot along after it.



Step 4:

Then swap direction and power sideways with your left foot.

Walk Like an Egyptian



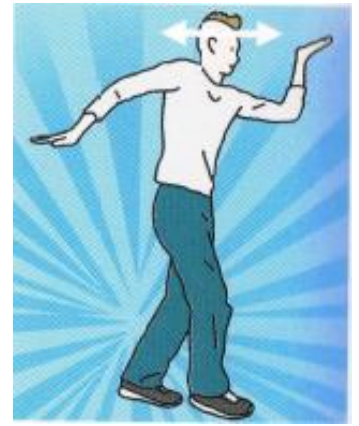
Step 1:
Raise your left arm, bending the elbow with the palm face up.



Step 2:
Raise your right arm, bending your elbow with the palm down.



Step 3:
Shuffle sideways, and move your forearms left and right.



Step 4:
Accentuate this by shifting your head from side to side.

The Q-Tip



Step 1:
Lean out toward your left-hand side and raise your left hand to your ear as shown.



Step 2:
Twirl an imaginary Q-Tip in your ear for a count of four.



Step 3:
This time on the right-lean out, raise your right hand.



Step 4:
Twirl for another count of four.

The Choo Choo



Step 1:
Bend both elbows, keeping your arms by your sides.



Step 2:
Extend both hands out and move them in a circular, forward motion (like the wheels of a train).



Step 3:
Bend your knees up and down in time with the music.



Step 4:
An occasional pull on an imaginary whistle with your left hand above your head won't hurt anyone.

The Corkscrew



Step 1:
Stand with your feet together, pointing out to the sides.



Step 2:
Bring your hands together in front of you at waist height, bending your elbows.



Step 3:
Bend slightly forward and pull your hands up and down (as if you're pulling a corkscrew)...



Step 4:
...while bending your knees and moving your feet inward and outward in time with the hand pulls.

The Smooch



Step 1:

In time with the music, place your right hand on your left shoulder.



Step 2:

Then place your left hand on your right shoulder.



Step 3:

Gently sway your body up and down.



Step 4:

You may want to move your arms up and down too as you go, but be aware that you may earn unwanted cheese-factor points.

The Mime Artist



Step 1:

Lift up your right hand, palm flat and facing out.



Step 2:

Lift up your left hand so it's on the same horizontal plane as your right.



Step 3:

Move both hands around, ensuring they do not stray beyond the “wall”, spoiling the illusion.



Step 4:

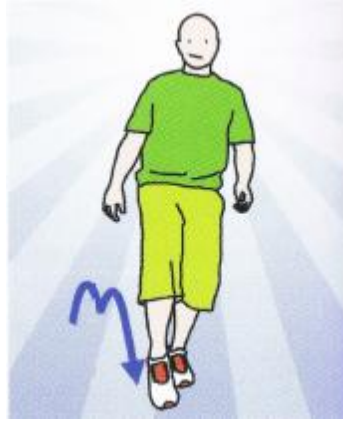
Turn to both your left and right sides, and then behind you, repeating these steps.

The Bunny Hop



Step 1:

Stand on your left leg and raise your right knee out just in front of you.



Step 2:

Hop forward on your left leg, lowering and raising your right foot twice as you go.



Step 3:

Then repeat but on the other side.



Step 4:

The move should be smooth, with the front foot only just touching the floor. Lean back with elbows bent.

The Funky Chicken



Step 1:

Stand with your legs together on the balls of your feet, and bend your knees out to the side.



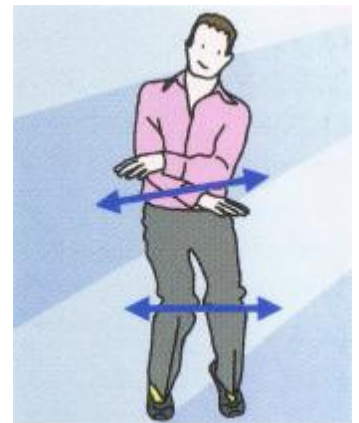
Step 2:

In time with the music, keep bending your knees in and out so it looks like they're clapping.



Step 3:

While this is going on, alternately swing your arms out wide...



Step 4:

...then, cross them over in front, right over left, then left over right.

The Lasso



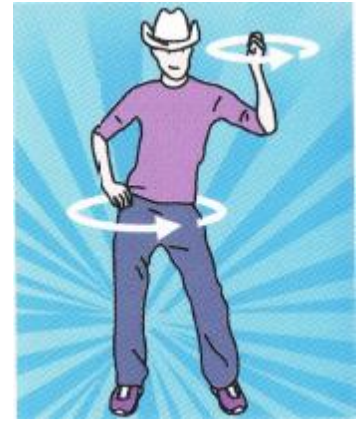
Step 1:
Stand with one hand on your hip, feet about shoulder width apart.



Step 2:
Raise your other hand, bend the elbow, and start rotating your hand through 360 degrees.



Step 3:
As you feel more comfortable, you may want to raise your lasso higher (or lower)...



Step 4:
...and if you're really feeling it, try gyrating your hips as you rotate your hand.

Knock Knees



Step 1:
Bend forward, feet about 18 inches apart, hands on your knees.



Step 2:
Bring your knees together, and as you do so, swap your hands over so left onto right knee, right onto left knee.

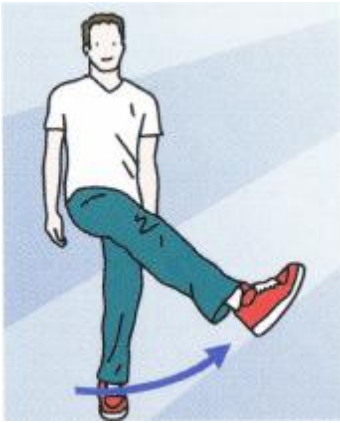


Step 3:
Then bend your knees out to the side, keeping your hands in position so your arms cross.



Step 4:
Return your knees and hands back to the original position. Repeat until you fall over.

Prince's Guitar



Step 1:
Standing on your left foot, straighten your right leg up and across to the left...



Step 2:
...and hold it underneath with your left hand. Move your left hand up and down (like you're fingering a fretboard)...



Step 3:
...and strum/pluck the imaginary strings with your right hand across your upper right thigh.



Step 4:
Hop up and down on your left leg and shake your head to add a bit more wow factor (as if you needed any).

The Ickey Shuffle



Step 1:
With an imaginary ball in your right hand, step to the right, then left, then right.



Step 2:
Swap the ball to your left hand, then back again – step left, right, and left again.



Step 3:
Repeat Step 1.



Step 4:
Finally, three hops to the right and throw the “ball” to the ground (a spike).

The Shopping Cart



Step 1:

Bend your elbows and hold your hands in front of you, about shoulder width apart.



Step 2:

Reach out to your right side with your right hand...



Step 3:

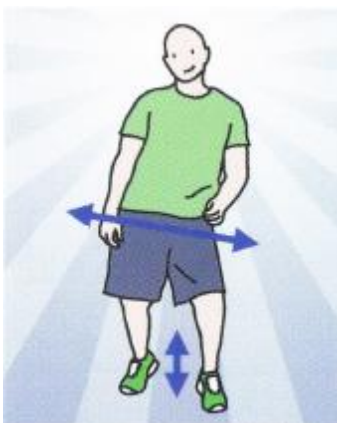
...then stretch it out in front of you (as if you're depositing the item in your "cart").



Step 4:

Repeat Steps 2 and 3 with your left hand, then switch between left and right until your cart is full.

The Boxer



Step 1:

Standing about shoulder width apart, lightly bounce on the balls of your feet and sway your hips.



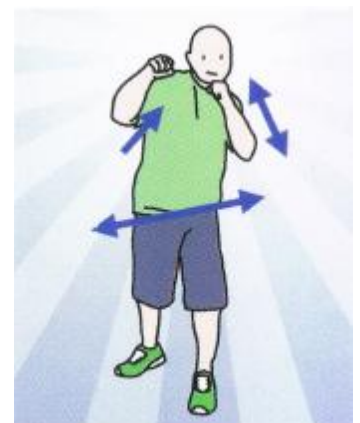
Step 2:

Raise both arms with your fists clenched and (lightly) punch out twice with your right hand.



Step 3:

Jab out once with your left fist.



Step 4:

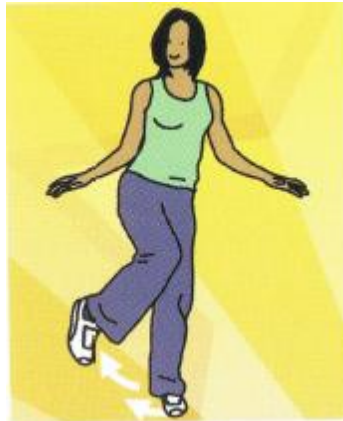
Continue with these and similar jabs, swaying and bouncing as you go.

The Mashed Potato



Step 1:

Start with your heels together, toes pointing out.



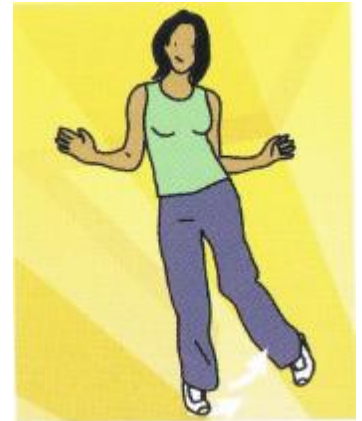
Step 2:

With the weight on your left leg, lift your right heel and swivel out a quarter-turn on the ball of your foot...



Step 3:

...then take it back in.



Step 4:

On the next beat, lift your left heel and swivel it out a quarter-turn before bringing it back in. Repeat as necessary.

The Monkey



Step 1:

Lean slightly forward from your waist, both arms bent with your thumbs up.



Step 2:

Turn to the left, bend a bit lower, and raise your right thumb.



Step 3:

On the next beat, return to your starting position...



Step 4:

...and on the next, turn to the right, bend lower, and raise your right thumb. Then repeat from Step 1.

Sow the Seeds



Step 1:
Standing up, sway in time with the music.



Step 2:
Gracefully reach toward your left armpit with your right arm...



Step 3:
...then cast your imaginary seeds across the floor in front of you.



Step 4:
Speed up your actions, alternate hands, throw seeds behind you, and distribute freely to add energy to your moves.

The Cabbage Patch



Step 1:
Standing up, extend both arms out in front of you, with one arm across your body to meet the other slightly to one side.



Step 2:
Rotate both arms around in a horizontal circle.

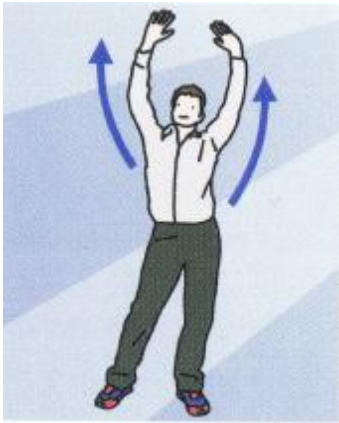


Step 3:
For extra effect, shift your weight from one leg to the other as you complete the circle.



Step 4:
The Cabbage Patch can be performed in both clockwise and counterclockwise directions.

Paint the Rainbow



Step 1:

Imagine a rainbow arching overhead and bring both arms up to touch its middle.



Step 2:

With your right arm, follow the rainbow's right side down.



Step 3:

Then do the same with your left arm on the left side.



Step 4:

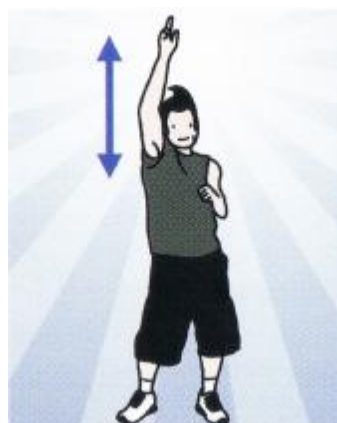
Bring up both arms back to the starting position and start again.

Greased Lightnin'



Step 1:

Stretch your right arm out to the right, palm down, and glide it in an arc to the left.



Step 2:

Raise it straight up and down above your head...



Step 3:

...then stretch it straight out to the right, then straight back in.



Step 4:

Repeat steps 2 and 3. Then mirror the whole move using your left arm.

The Spin



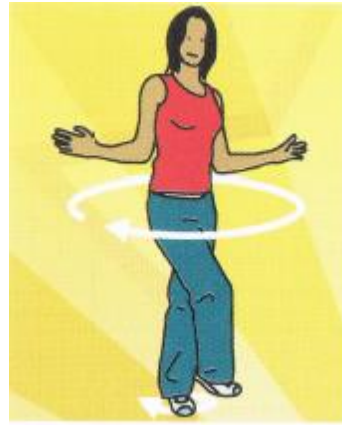
Step 1:

Stand with your feet apart, your left slightly ahead and resting on the ball of your foot.



Step 2:

Swing your arms around your body a few times; this is essential for powering up the move.



Step 3:

Bring your right foot around, just onto the other side of your left foot, and rotate on your left.



Step 4:

Try and keep your momentum going by spinning 180 degrees on the ball of your left foot, then the other 180 on the heel.

The Stomp



Step 1:

Stand with your feet about shoulder width apart.



Step 2:

On the beat, stomp your foot on the floor.



Step 3:

For variation, stomp in front of you, to the side, or behind...



Step 4:

...and use your other foot. Enliven your stomps with hip- and arm-swaying.

Power Milking



Step 1:

Turn your body to the right, clench your fists (lightly), and bend your arms, with your right hand higher than your left.



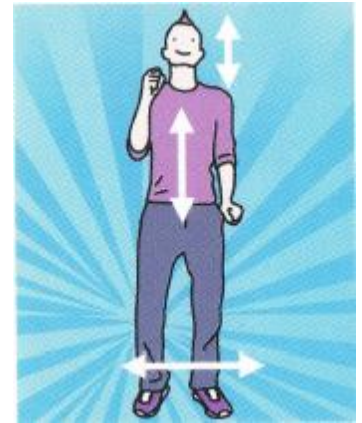
Step 2:

On the beat, bring your left hand up and your right hand down. Continue for four beats.



Step 3:

Then turn to the left and repeat the hand action.



Step 4:

Continue in this way, pulling those "udders." Try nodding your head as you milk, and maybe add some fancy footwork.

Hail to the King



Step 1:

Stand with your feet far apart, knees bent. Bend your arms and place your hands on your hips.



Step 2:

Push out your butt...



Step 3:

...then, on the beat, push your hips forward (forcefully, if the mood takes you).



Step 4:

Jump forward on each thrust, reaching forward then back as if using your hips to propel your forward.

The Watusi



Step 1:
Standing with your feet about shoulder width apart, swing your hips to the right.



Step 2:
As you do so, bring both arms up to the right-hand side, about hip level.

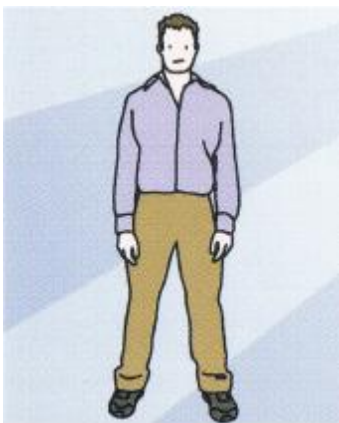


Step 3:
Then swing your hips to the left...

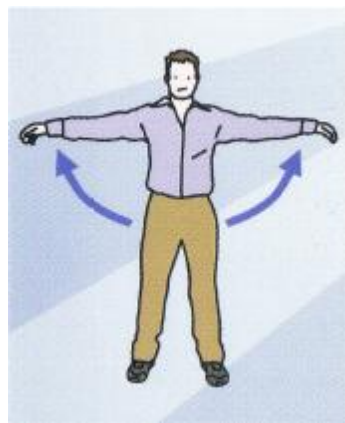


Step 4:
...and your arms down and around in a semicircle. Keep on swinging from left to right.

The Scarecrow



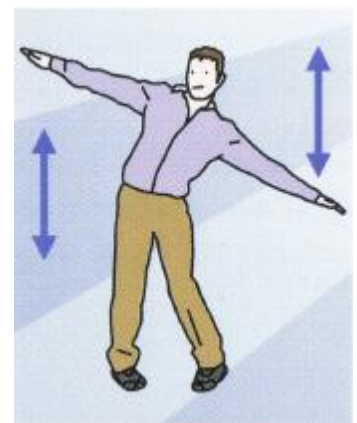
Step 1:
Relax both shoulders, standing with feet about shoulder width apart.



Step 2:
Raise both arms out to the side so they're parallel with the floor.



Step 3:
Move your feet in a shuffling side-to-side motion.



Step 4:
Add variation to your routine by swaying your body from side to side, tipping your arms in alternate directions.