

JUBILATION



**Stamp your feet
quickly while you
wave your hands
above your head.**

FLOSSING



Keep your arms straight and swing them back forth with one arm in front of you and one arm behind you. Remember to swing your hips too.

THE CARLTON



**Swing and bend
your arms from
left to right in a
fast motion. Sway
from side to side.**

**Snap your
fingers each time
at the top.**

DISCO FEVER



Move your hips side to side while you do a disco dance. Point up then down across your body.

ROCK OUT

xp



**Play an Air Guitar
like you are the
lead guitarist in a
rock-and-roll
band.**

WIGGLE, WIGGLE



**Wiggle your
whole body back
and forth and
side to side using
shaking
movements.**

RIDE THE PONY



With your legs apart, bounce from leg to leg and swing a fake lasso in the air with one hand.

INFINITE DAB



**Perform a dab
from side to side.
Rock up and down
and move your
hips from side to
side**