

1. **Hops** -hop loose for up to a minute.
2. **Waves** – bend knees, round down then lift arms. Add to toes.
3. **Arm Swings to Toes** – lift arms up, lift on toes. Add 1 arm, 2 arms, hands in back, twist up , lift arms pull back.
4. **Arms Open and Around** – open up and around, open front and around
5. **Clap Front and Back** – Clap hands in front and back
6. **Trunk Twists** – Twist side/side, add open up, add open arms in twist
7. **Golden Turtle Playing in Water** – legs hip width apart, bend over hamstring string, opposite arm to opposite leg
8. **Dead Arms** – loose arms, swing around, one arm on back, one arm hit shoulder
9. **Golf Swings** – loose arms swing side to side
10. **Cross Leg Behind** – one leg crosses behind, arms up and over, try one arm up and over, both arms, circle arms up and over, open arms to side
11. **Marches** – one knee up, add hit knee, add alternate twist to knee, add arms swing to side, add kick knee to bum
12. **Wide Squats** – wide legs, toes to the corners, add arms up, arms up and around, twists, hands on knees twist
13. **Hit Back Foot** – hit same foot with same hand, add opposite hand to foot, hit hand to opposite hand in front
14. **Palms Together Open to the Back** – hands in front together open up to side, add cross, repeat same side, alternate each side
15. **Windmill** – stagger one foot front, one back. One arm front, one back. Circle arms back. Add Bent arms around back.
16. **Bicycle Knees** – swing leg back and forth, one leg up and circle around forwards – reverse backwards. Switch knees
17. **Taps** – tap elbows, armpits, shoulders hips, bum, down legs and up