

THE SPRINKLER



1
RAISE YOUR LEFT ARM STRAIGHT OUT IN FRONT OF YOU.



2
BEND YOUR RIGHT ARM UP TOWARDS YOUR HEAD, SO YOUR HAND IS TOUCHING THE BACK OF YOUR HEAD.



3
KEEPING YOUR FEET IN THE SAME PLACE, SWIVEL YOUR UPPER BODY FROM LEFT TO RIGHT, JUST LIKE A GARDEN SPRINKLER.



4
WHEN YOU CAN'T GO ANY FURTHER, RESET AND DO IT AGAIN.



5



6



7

REPEAT UNTIL YOUR GARDEN IS FULLY WATERED!



8

THE FLOSS



1
WITH BOTH ARMS HANGING
DOWN IN FRONT OF YOU



2
SWAY THEM
FROM RIGHT...



3
TO LEFT.



4
ROCK YOUR HIPS FROM
LEFT TO RIGHT...



5
MOVING IN THE OPPOSITE
DIRECTIONS TO YOUR ARMS.



6
EACH TIME YOUR ARMS CROSS
OVER YOUR HIPS, PUT ONE
BEHIND YOUR BACK, CHANGING
ARMS ON EACH PASS.



7
KEEP UP THE PATTERN AND SEE
JUST HOW FAST YOU CAN FLOSS.



8
IT'S SO EASY EVEN
YOUR NANA CAN DO IT.



SHAKE IT CHILLI



1
WHILST CAREFULLY SHUFFLING BACKWARDS, RAISE YOUR ARMS ABOVE YOUR HEAD.



2
RAISE YOUR LEFT LEG OFF THE GROUND, STRETCH YOUR LEFT ARM BEHIND YOU AND BEND YOUR RIGHT ARM IN FRONT OF YOU.



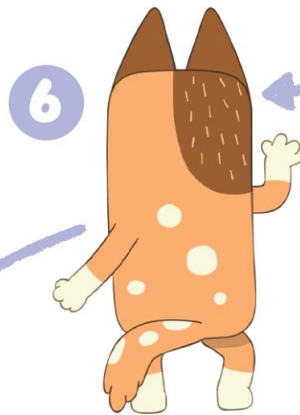
3
THEN TURN TO YOUR RIGHT, PUT YOUR ARMS BY YOUR SIDE AND SHAKE IT...



4
SHAKE IT.



5
SHAKE IT.



6
OPTIONAL: WAVE AT YOUR FRIEND WENDY.



7
SHAKE IT SOME MORE.



8
AND RELAX. YOU'VE STILL GOT IT!

RAISE THE ROOF



1

BEGIN WITH YOUR ARMS BENT AT THE ELBOWS LEVEL WITH YOUR SHOULDERS.



2

PUSH YOUR ARMS UPWARDS. THEN KEEP RAISING AND LOWERING BOTH ARMS TOGETHER. SHOUT "RAISE THE ROOF WOOP WOOP"



3

SHIFT YOUR WEIGHT ONTO YOUR OTHER LEG AND REPEAT STEPS 1 TO 3.



4

FOR ADDITIONAL FLAIR YOU COULD (CAREFULLY) ADD SOME JUMPS.



5

OR LEG RAISES.



6

THEN SIMPLY REPEAT UNTIL YOU GET TIRED (OR THE MUSIC STOPS).



7