

Dynamics

Calves - Up on Toes

Calves - Toes Up

Calves - Pull Toes Up

Lunges

Lunges and Pull Foot Up to Butt

Pull Knees Up

Pull Knees Over

Hip - Rotate Leg

Jog Through - Heels Hit Hands

Skip

Skip - Arms Forward

Skip - Arms Backward

Sideways Shuffle - Arms Forward

Sideways Shuffle - Arms Backward

Quickstep Forward

Quickstep Backward

Header Jumps