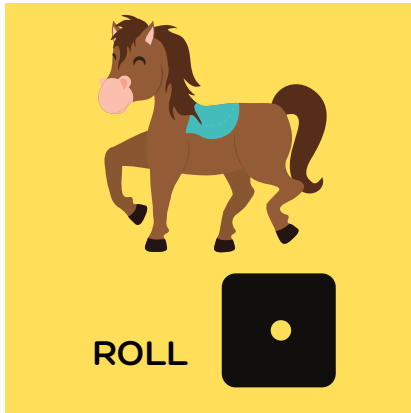




Roll-A-Step

Animal



ROLL

gallop side to side, 8 counts in each direction



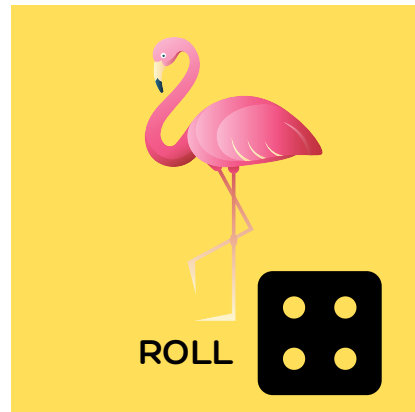
ROLL

bear crawl on hands & feet for 16 counts



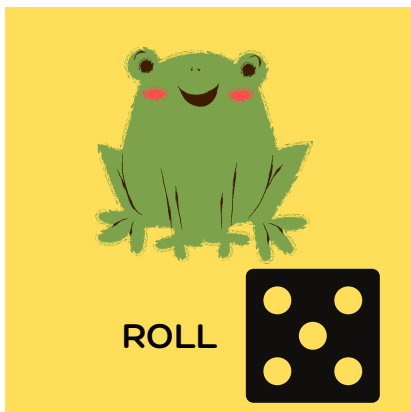
ROLL

lunge R & L 8X, with arms clawing the air



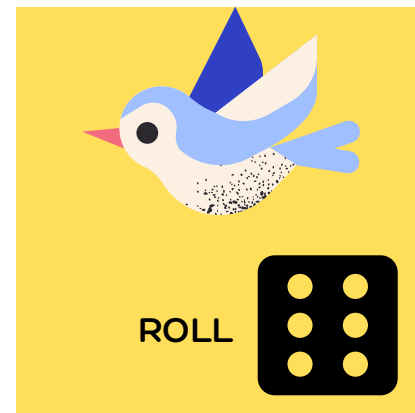
ROLL

balance on R foot then L, for 8 counts each



ROLL

16 frog jumps



ROLL

do port de bras or arm circles for 16 counts

