

21 Basic Moves

DANCE
n Beats

UPPER BODY



clap

clap



grab

grab



shake

shake



roll

roll



swing

swing



reach

reach



shoulders

shoulders

LOWER BODY



squat

squat



jump

jump



knee lift

knee lift



kick

kick



tap

tap



tippy toes

tippy toes



slide

slide

CORE



pump

pump



bend

bend



twist

twist

HEAD



nod

nod



tilt

tilt



look

look



bop

bop