Dance moves

0 - star jumps
1 - jump on the spot
2 - clap your hands in front of you
3 - clap your hands behind you
4 - turn around
5 - sway your hips side to side
6 - wave your arms up over your head
7 - run on the spot
8 - do a squat
9 - hop
+ - put your hands on your hips
- - put your hands on your head
x - put your hands on your shoulders
= - put your hands on your knees