

# 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

