

WORK THOSE

# DANCE MOVES

*It's time to show off your incredible body with some impressive dance moves. Try these for some serious style points.*

## SATURDAY NIGHT FEVER

Point your pointer finger above your head at a diagonal like, "what's that over there?", then back down across your body like-- "wait, now it's down there." Repeat.



## RAISE THE ROOF

Lift your hands above your head and pump them up and down like you are lifting a surprisingly lightweight imaginary ceiling. Repeat.

## TOE STANCE

Lift your hands in the air, then lift your heels until you are balancing on your tippy-toes. Add a spin beforehand to impress your dancing partner.



## THE PONY

Put your weight on the balls of your feet. Put one foot forward, then switch your weight between the forward foot and back foot and back again. Then switch what foot is forward. When in doubt, prance.

## HEEL CLICK

Jump high and, while in mid-air, click your heels together before landing. Switch directions. Best done with a huge smile and loud singing.



## THE SPIN

Take your partner's hands, then cross your right hand in front of yourself and bring it around your partner. Then, bring them in close again.