

Glut Scoot Boogie - Students are seated on the floor; knees bent. (You are In crab position.)

Move 3 steps to the R, kick

Move 3 steps to the L, kick

In place, kick R, kick L, kick R, kick L

Wag hips 3 times; sit on floor on 4th count

Leaning back to contract abs, hands clap floor twice, clap over your head twice, on floor twice, over head twice.

Scoot fanny using gluts 3 times, or spin around.

Push up to crab position again and repeat.