

DANCE n Beats 21 Basic Moves

UPPER BODY	LOWER BODY	CORE
 <p>clap</p>	 <p>squat</p>	 <p>pump</p>
 <p>grab</p>	 <p>jump</p>	 <p>bend</p>
 <p>shake</p>	 <p>knee lift</p>	 <p>twist</p>
 <p>roll</p>	 <p>kick</p>	 <p>nod</p>
 <p>swing</p>	 <p>tap</p>	 <p>tilt</p>
 <p>reach</p>	 <p>tippy toes</p>	 <p>look</p>
 <p>shoulders</p>	 <p>slide</p>	 <p>bop</p>