

**RIGHT & LEFT HAND JABS**

**/With arms at sides, forearm bent upwards, hands bent outwards from body towards side wall, palms down, parallel with floor**

- 1 - 2 Extend right hand out and back from body twice  
3 - 4 Extend left hand out and back from body twice  
5 - 6 Repeat out and back with right hand, palms up  
7 - 8 Repeat out and back with left hand, palms up

**/Lower arm/hand that is not being jabbed outward**

**HITCH HIKING & HAND ROLLS**

- 9 - 10 Hitch-hike over right shoulder with right hand twice  
11 - 12 Hitch-hike over left shoulder with left hand twice

**/Bending over forward**

- 13 - 14 Roll hands over one another to the right on right side  
15 - 16 Roll hands over one another to the right on left side

**HANDS AND ELBOWS TO FRONT THIGHS**

**/Bending over forward**

- 17 Slap left leg with right hand  
18 Slap right leg with left hand  
19 Touch bent right elbow to left leg  
20 Touch bent left elbow to right leg

**SQUATTING FLOOR TOUCHES**

**/Squatting to the floor**

- 21 Touch floor in front with right hand  
22 Touch floor in back with left hand  
23 Touch floor in front with right hand  
24 Stand and clap

**/Optional: extend palms downward with knees bent - front, back, front-instead of touching the floor**

**HAND ROLLS - RIGHT, CENTER, LEFT, CENTER**

**/Bending over forward**

- 25 - 26 Roll hands over one another to the right on right  
27 - 28 Roll hands over one another in front  
29 - 30 Roll hands over one another on left  
31 - 32 Roll hands over one another in front

**FRONT & BACK POCKET SLAPS, FORWARD WALK WITH 1/4 LEFT TURN & CLAP**

- 33 Slap right front pocket with right hand  
34 Slap left front pocket with left hand  
35 Slap right rear pocket with right hand  
36 Slap left rear pocket with left hand  
37 Walk forward on right foot  
38 Walk forward on left foot  
39 Walk forward on right foot, turning 1/4 left  
40 Clap hands with feet together

**REPEAT**