

Dance Steps:

#SPINNAKER -SHUFFLE-

Palms Up - Left, Right 3x

Hands together, Push Out & Step Back

Hands out, step left

Hands in, step left

Hands out, step right

Hands in, step right

Right Hand Swim

Left Hand Swim

Hands Push Down, Body Shimmy Up

Right Hand Swim & Hold

Look Backwards, Look Forwards

Right Hand to Cheek, Bounce 2x

Hands Slide Forward, Back & Out, Back while Knees pivot Out & Back 2x

Left Hand Out, Circular Motion 2x

Right Hand Out, Circular Motion 2x

Hands Down, Elbows Up & Bounce 2x

Prayer Hands, From Chest to Sky 2x

Hands Down, Elbows Up & Bounce 2x

Right Arm Extend Out Right

Left Arm Extend Out Left

Right Arm Extend to Sky

Glliiide!

Freestyle Moves!

