

WALK



GRAPEVINE

DRIBBLE A BASKETBALL



DEFENSIVE SLIDE





**HEEL
CLICKS**



**SLAM
DUNKS**





HIP HOP

WALK



LEAP



JOG

TWO-STEP



JUMP TURNS



POWER WALK

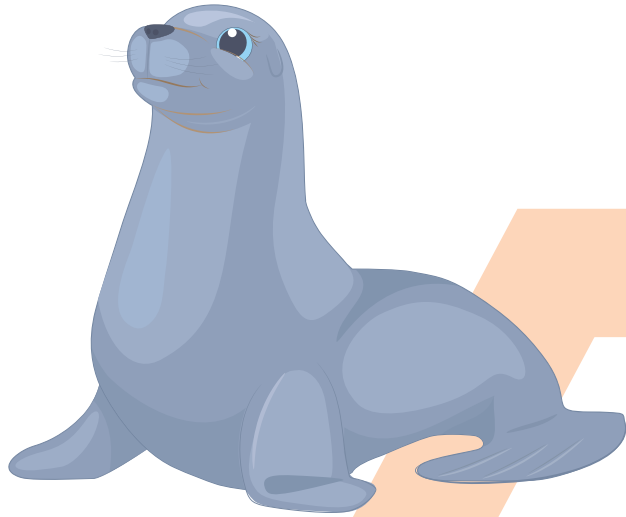




MARCH



SKIP



SEAL WALK

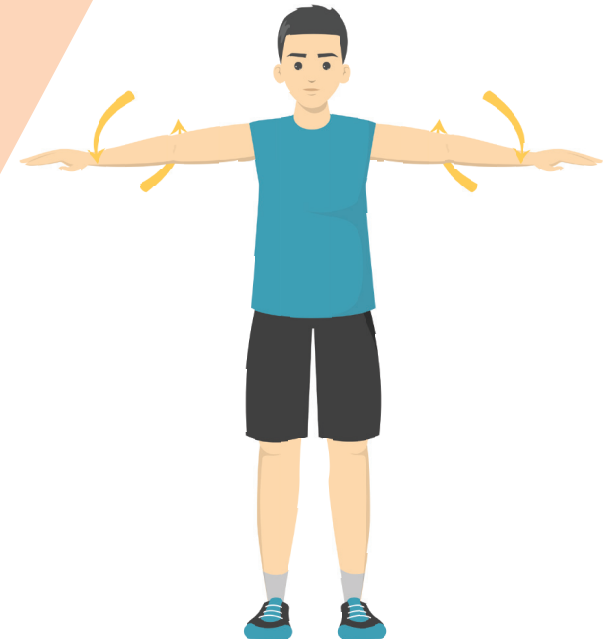
CRAB WALK

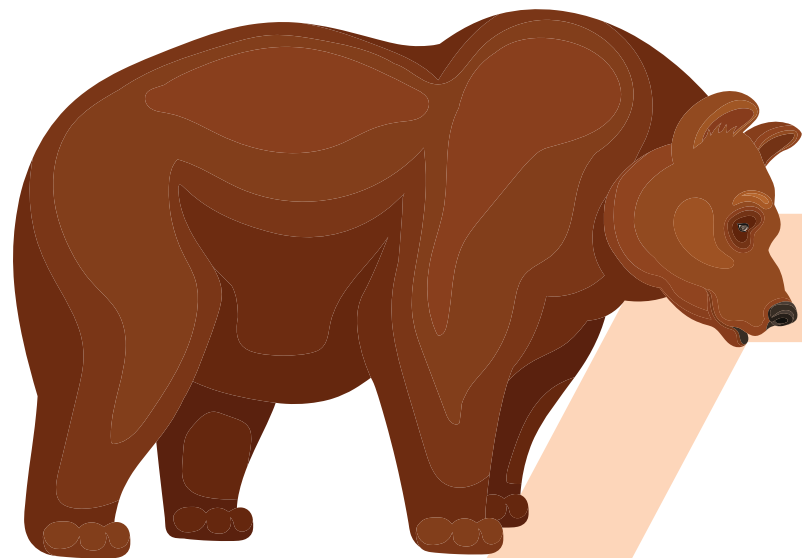




BAT A BALL

ARM CIRCLES





BEAR WALK

PUPPY DOG WALK





YOUR CHOICE

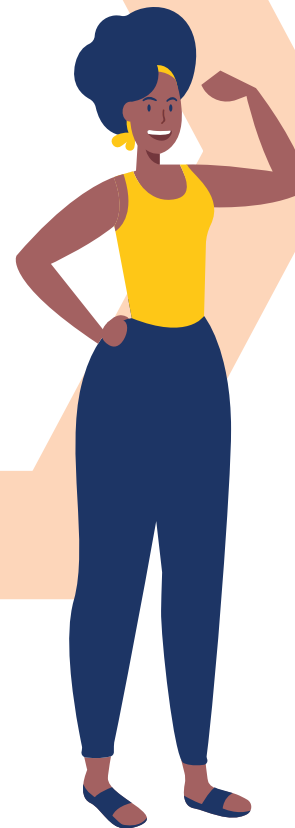
SERVE





CRAWL STROKE

MAKE BIG BICEPS



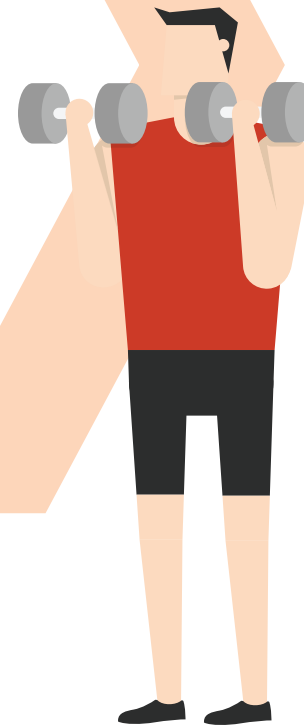


LAME DOG WALK

MEASURING WORM WALK



**WIND UP &
PITCH**



PUMP IRON

RABBIT JUMP



GORILLA WALK

