

Moving and Grooving



All the songs are found on YouTube and are free! So put on your dancing shoes and model how it is done and soon your kids will take the lead!

- 1) Bean Bag Boogie - Make your own bean bad with socks and beans or whatever else you have around.

<https://www.youtube.com/watch?v=Uolt1A78lBE>

- 2) The Freeze Dance-Keep moving until the music stops

https://www.youtube.com/watch?v=xP8z_ZAJoGE

- 3) Listen and Move with Steve and Greg

https://www.youtube.com/watch?v=j24_xH5uvdA

- 4) Shake Our Sillies Out

https://www.youtube.com/watch?v=NwT5oX_mqS0

- 5) Looby Loo - Make a circle and march to music and follow the directions

<https://www.youtube.com/watch?v=EHaoEKcuX0g>