

Perform each action in a fluid phrase. Alter when necessary.

	Dancer A		Dancer B
1 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Gets Bigger	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Flattens	Face	Fires
Left Knee	Loops Around	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Contracts
Right Hand	Decides	Right Hand	Slaps
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Sits
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

Repeat

2 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Gets Bigger	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Flattens	Face	Fires
Left Knee	Loops Around	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Contracts
Right Hand	Decides	Right Hand	Slaps
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

3 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Flattens	Face	Fires
Left Knee	Loops Around	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Contracts
Right Hand	Decides	Right Hand	Slaps
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

4 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Flattens	Face	Fires
Left Knee	Loops Around	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Decides	Right Hand	Slaps
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

5	Right Leg	Drops	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Rotates Inward
	Elbows	Touch	Elbows	Ebb and Flow
	Crown	Crashes	Crown	Rises
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Stamps	Right Foot	Undulates
	Face	Flattens	Face	Fires
	Left Knee	Loops Around	Left Knee	Kneels
	Right Pinky Toe	Quiets	Right Pinky Toe	Dances
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Jolt	Knees	Shake
	Nose	Leads	Nose	Inverts
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Clicks	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Repositions

6	Right Leg	Drops	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Elopes
	Elbows	Touch	Elbows	Ebb and Flow
	Crown	Crashes	Crown	Rises
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Stamps	Right Foot	Undulates
	Face	Flattens	Face	Fires
	Left Knee	Loops Around	Left Knee	Kneels
	Right Pinky Toe	Quiets	Right Pinky Toe	Dances
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Jolt	Knees	Shake
	Nose	Leads	Nose	Inverts
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Clicks	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Repositions

7 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

8 Right Leg	Drops	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Rises
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Clicks	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

9	Right Leg	Drops	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Elopes
	Elbows	Touch	Elbows	Ebb and Flow
	Crown	Crashes	Crown	Rises
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Stamps	Right Foot	Undulates
	Face	Fires	Face	Fires
	Left Knee	Loops Around	Left Knee	Loops Around
	Right Pinky Toe	Quiets	Right Pinky Toe	Dances
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Jolt	Knees	Shake
	Nose	Leads	Nose	Inverts
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Goes Away	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Repositions

10	Right Leg	Drops	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Elopes
	Elbows	Touch	Elbows	Ebb and Flow
	Crown	Crashes	Crown	Crashes
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Stamps	Right Foot	Undulates
	Face	Fires	Face	Fires
	Left Knee	Loops Around	Left Knee	Loops Around
	Right Pinky Toe	Quiets	Right Pinky Toe	Dances
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Jolt	Knees	Shake
	Nose	Leads	Nose	Inverts
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Goes Away	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Repositions

11 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Repositions

12 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Touch	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

13 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Shake
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

14 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Jolt
Nose	Leads	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

15 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Undulates
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Jolt
Nose	Inverts	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

16 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Stamps
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Quiets	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Jolt
Nose	Inverts	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

17 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Stamps	Right Foot	Stamps
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Dances	Right Pinky Toe	Dances
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Jolt
Nose	Inverts	Nose	Inverts
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

18 Right Leg	Circles	Right Leg	Circles
Left Hand	Elopes	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Ebb and Flow
Crown	Crashes	Crown	Crashes
Thigh	Jumps	Thigh	Jumps
Right Foot	Undulates	Right Foot	Stamps
Face	Fires	Face	Fires
Left Knee	Loops Around	Left Knee	Loops Around
Right Pinky Toe	Dances	Right Pinky Toe	Quiets
Neck	Twists About	Neck	Twists About
Right Hand	Circles	Right Hand	Circles
Knees	Jolt	Knees	Jolt
Nose	Inverts	Nose	Leads
Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Goes Away
Pelvis	Pops	Pelvis	Pops

19	Right Leg	Circles	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Elopes
	Elbows	Ebb and Flow	Elbows	Ebb and Flow
	Crown	Crashes	Crown	Crashes
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Undulates	Right Foot	Stamps
	Face	Fires	Face	Fires
	Left Knee	Loops Around	Left Knee	Loops Around
	Right Pinky Toe	Dances	Right Pinky Toe	Quiets
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Shake	Knees	Jolt
	Nose	Inverts	Nose	Leads
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Goes Away	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Pops

20	Right Leg	Circles	Right Leg	Circles
	Left Hand	Elopes	Left Hand	Elopes
	Elbows	Ebb and Flow	Elbows	Touch
	Crown	Crashes	Crown	Crashes
	Thigh	Jumps	Thigh	Jumps
	Right Foot	Undulates	Right Foot	Stamps
	Face	Fires	Face	Fires
	Left Knee	Loops Around	Left Knee	Loops Around
	Right Pinky Toe	Dances	Right Pinky Toe	Quiets
	Neck	Twists About	Neck	Twists About
	Right Hand	Circles	Right Hand	Circles
	Knees	Shake	Knees	Jolt
	Nose	Inverts	Nose	Leads
	Lumbar Spine	Magnetizes	Lumbar Spine	Magnetizes
	Left Heel	Goes Away	Left Heel	Goes Away
	Pelvis	Pops	Pelvis	Pops

21 Right Leg	Drops	Right Leg	Drops
Left Hand	Rotates Inward	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Touch
Crown	Rises	Crown	Rises
Thigh	Gets Bigger	Thigh	Gets Bigger
Right Foot	Undulates	Right Foot	Undulates
Face	Flattens	Face	Flattens
Left Knee	Kneels	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Quiets
Neck	Contracts	Neck	Contracts
Right Hand	Decides	Right Hand	Decides
Knees	Shake	Knees	Shake
Nose	Leads	Nose	Leads
Lumbar Spine	Sits	Lumbar Spine	Sits
Left Heel	Clicks	Left Heel	Clicks
Pelvis	Repositions	Pelvis	Repositions

22 Right Leg	Drops	Right Leg	Drops
Left Hand	Rotates Inward	Left Hand	Rotates Inward
Elbows	Touch	Elbows	Touch
Crown	Rises	Crown	Rises
Thigh	Gets Bigger	Thigh	Gets Bigger
Right Foot	Undulates	Right Foot	Undulates
Face	Flattens	Face	Flattens
Left Knee	Kneels	Left Knee	Kneels
Right Pinky Toe	Quiets	Right Pinky Toe	Quiets
Neck	Contracts	Neck	Contracts
Right Hand	Decides	Right Hand	Decides
Knees	Shake	Knees	Shake
Nose	Leads	Nose	Leads
Lumbar Spine	Sits	Lumbar Spine	Sits
Left Heel	Clicks	Left Heel	Clicks
Pelvis	Repositions	Pelvis	Repositions

Switch Sides

23 Right Leg	Circles	Right Leg	Drops
Left Hand	Rotates Inward	Left Hand	Elopes
Elbows	Ebb and Flow	Elbows	Touch
Crown	Rises	Crown	Crashes
Thigh	Jumps	Thigh	Gets Bigger
Right Foot	Undulates	Right Foot	Stamps
Face	Fires	Face	Flattens
Left Knee	Kneels	Left Knee	Loops Around
Right Pinky Toe	Dances	Right Pinky Toe	Quiets
Neck	Contracts	Neck	Twists About
Right Hand	Slaps	Right Hand	Decides
Knees	Shake	Knees	Jolt
Nose	Inverts	Nose	Leads
Lumbar Spine	Sits	Lumbar Spine	Magnetizes
Left Heel	Goes Away	Left Heel	Clicks
Pelvis	Repositions	Pelvis	Pops