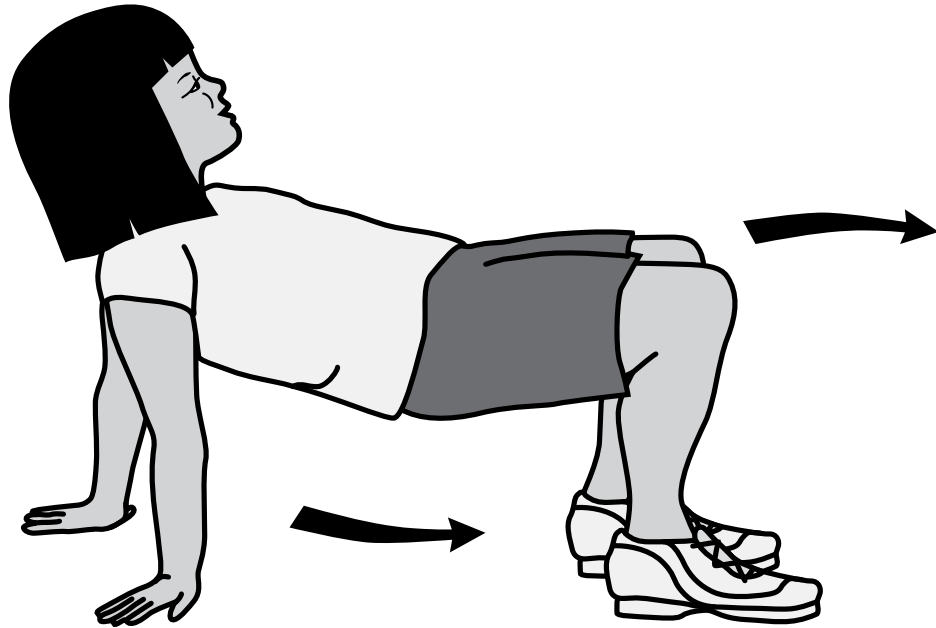


# Crab Walk



**BALANCE, STUNTS, AND TUMBLING**

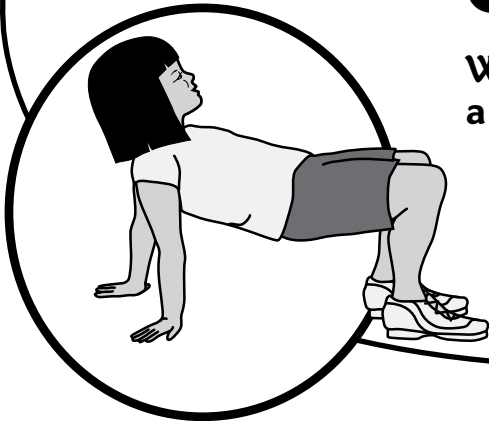
**ANIMAL WALKS**

# Crab Walk

- ★ Sit on the floor, and reach your hands behind your hips. Raise your hips off the ground by bridging with feet and hands. Try to keep your back straight; don't let your hips sag!
- ★ You can move forward, sideways, or backward when you Crab Walk.

## Chant:

While pelicans and seagulls gracefully glide,  
a crab lays low and walks side to side.



**BALANCE, STUNTS, AND TUMBLING**

**ANIMAL WALKS**