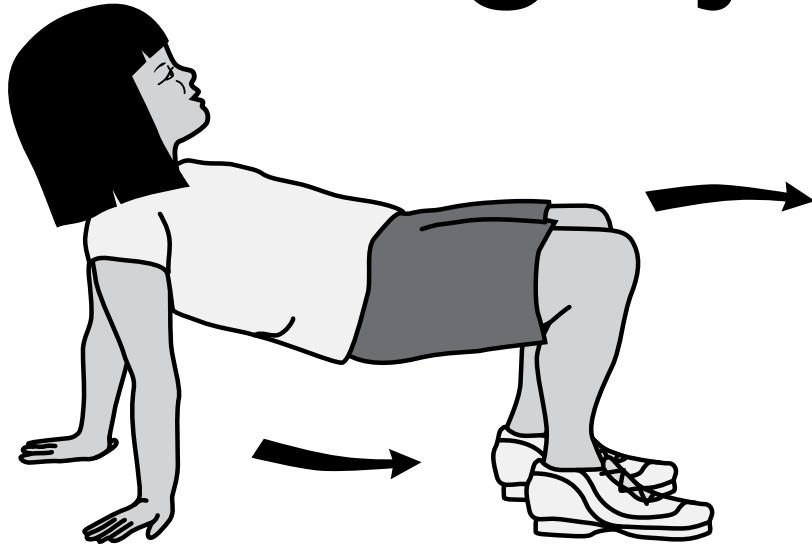


Caminar como un Cangrejo



BALANCE, STUNTS, AND TUMBLING

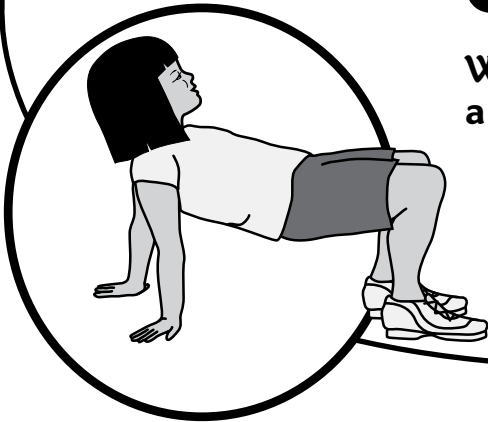
ANIMAL WALKS

Caminar como un Cangrejo

- ★ 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