

# mini movers

## STANDING TRAVELLING ROUTINE SUMMARIES

### **BABY SHARK**

Initiated in a standing circle, the dance primarily remains stationary but concludes with a movement anti-clockwise around the room. No props are needed for this engaging routine, suitable for the class's end.

### **DANCE FREEZE MELT**

This dance involves moving anti-clockwise around the room, freezing and melting according to the song's cues. No props are needed, making it an energetic mid-class selection that follows "Stand Up Sit Down" well.

### **NELLY THE ELEPHANT**

This dance moves anti-clockwise around the room without requiring props. It's an energetic addition to the class that transitions well into other animal-themed songs, enhancing thematic consistency.

### **GET READY GET SET GO**

This dance involves moving in an anti-clockwise direction around the room without props. Positioned near the beginning of the class as a warm-up, it prepares participants for the session ahead with lively movement.

### **SKIP TO MY LOU**

Moving in an anti-clockwise direction around the room, this dance is done after warm-up activities. Without requiring props, it transitions well into "Grand Old Duke of York," maintaining a lively pace in the session.

### **THE FLOOR IS LAVA**

An active dance that moves anti-clockwise around the room, featuring a unique "floor is lava" moment that adds excitement without the need for props. It's a fantastic mid-class option following seated dances.