

Intentions: stretch; move; do some dance; stretch hip; joyful; confidence; stretch shoulder + back

① ; ② ankle 1st holding circle w/ arms, then w/o ; ③ hold a few seconds lightly tap w/ fingers

④ 4X; then stay 30'; then other side ; ⑤ a few rounds

⑥ Itsy Bitsy Spider w/ hand/arm gestures, singing "Itsy Bitsy Spider" ; ⑦ lift leg back; then lift a bit, feel sensation ; then lift leg slightly to side, feel ; then other leg ; To: strengthen gluts

⑧ stay a few br. ; ⑨ contralateral

⑩ Last Day Bachata Routine! ; then Merengue; then Cumbia

⑪ 6X ; ⑫ blanket in, squeeze blanket 6X

⑬ "Clam shells" 6X lift only knee Keep pelvis stable! ; other side 6X ; Lift all leg other side 6X ; other side 6X

⑭ 1st repeat #12; then lift ankle + foot, Keep knees together ; other side ; "Charleston" 6X 6X

⑮ 1 leg stable, other knee falls inward ; stay a few br ; To: stretch psoas ; then other side

⑯ 6X (for Linda L. ; Keep pelvis, move leg across body)

⑰ Rest or Rest Listen to text by Mark Nepo: "Learning how to Float"