

Simple Dance Moves

- 1) slide to the left
- 2) Slide to the right
- 3) Slide forward
- 4) Slide backward
- 5) Step to the left
- 6) Step to the right
- 7) Step forward
- 8) Step backward
- 9) Hop to the left
- 10) Hop to the right
- 11) Hop forward
- 12) Hop backward
- 13) Strut forward
- 14) Kick left
- 15) Kick right
- 16) Kick front
- 17) Kick back
- 18) Spin
- 19) Lean left
- 20) Lean right
- 21) Lean forward
- 22) Lean back
- 23) Shaky knees
- 24) Shaky shoulders
- 25) Dip/squat
- 26) Tap wrists together twice
- 27) step touch step touch
- 28) cabbage patch
- 29) Point right to left
- 30) Point left to right
- 31) criss cross
- 32) shoulder rolls
- 33) Body roll
- 34) Snap to the left and snap to the right
- 35) hop Shuffle step, hop shuffle step
- 36) Strike a pose
- 37) Dab
- 38) Wild card (pick a dance move not on the list)
- 39) Raise the roof
- 40) Windmill Arms
- 41) Clap 3 times
- 42) Squat while slapping the ground
- 43) Wax on Wax off
- 44) Punch up Punch Forward
- 45) Head Roll
- 46) Nod head to the beat

Slide Left

Slide Right

Slide Forward

Slide Backward

Step Left

Step Right

Step Forward

Step Backward

Hop Left

Hop Right

Hop Forward

Hop Backward

Kick Left

Kick Right

Kick Forward

Kick Backward

Lean Left

Lean Right

Lean Forward

Lean Backward

Shaky Knees

Shaky Shoulders

Dip/Squat

**Tap Wrists
Together Twice**

Strut Forward

Spin

**Step Touch
Step Touch**

Cabbage Patch

**Point Left
to Right**

**Point Right
to Left**

Cris Cross

Shoulder Rolls

Body Roll

Dab

**Snap to the left,
snap to the right**

Strike a Pose

**Hop Shuffle Step
Hop Shuffle Step**

Spin

Raise the Roof

Windmill Arms

**Clap 3
Times**

**Squat while
slapping the
ground**

**Wax on
Wax off**

**Punch up
Punch Forward**

Head Roll

**Nod Head
to Beat**

WILD CARD

WILD CARD

**Your dance move here.
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