

NON-LOCOMOTOR MOTIONS FOR STEADY BEAT

- ARMS SWING LIKE RUNNING
- FLIP HANDS PALM UP/PALM DOWN
- SWAY ARMS ABOVE HEAD OR
BELOW WAIST
- TAP FISTS TOGETHER
- TAP ON HAND ON TOP OF THE
OTHER HAND
- KARATE CHOP
- BEND JOINTS
- TAP TOES TOGETHER WITH FEET
STRAIGHT OUT, SITTING ON FLOOR

STANDING

- SWAY BACK AND FORTH
- ROCK HIPS
- TWIST AT WAIST WITH HANDS ON
HIP
- TAP TOE
- BEND KNEES

OTHER

- TAP BODY PARTS
- ALTERNATE TAPPING TWO BODY
PARTS

BODY PARTS

TOES
ANKLES
KNEES
HIPS
STOMACH
BACK
SHOULDER
NOSE
EARS
HEAD
CHEEK
NOSE