

# MRS HAND SAYS...

*Practice your dancing skills*

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**Move your hips**

**Do the twist**

**Wave your arms above you head**

**Jump up and down**

**Twirl around on one foot**

**Tick tok form one foot to the other**

**Fast tap dancing feet**

**Slow ballet dancing**

**Dance like an octopus**

**Dance like a robot**

**Dance with a scarf or ribbon**

**Make up a dance on the floor**

**Dance however you want**

