



# Healthy Alphabet Dance Moves

- A-Apple Twist (hands on hips, twist your body)
- B- Blueberry Picking (reach out and up to pick blueberries)
- C- Carrot Stick Sway (arms straight above head, palms together, sway left to right)
- D- Dandelion Dip (stand up straight, hands on hip, squat, pick a flower, stand back up)
- E- Eggsercise (jump rope in place)
- F- Fresh Fish Flap (flap your arms like they are fins and swim in place)
- G- Green Grape Smash (Stomp! Stomp! Stomp!)
- H- Hula Hoops (hula with imaginary hoops)
- I- Ice Cold Water (pretend to drink, first with right arm then the left)
- J- Juggling Juice Boxes (pretend to juggle)
- K-Kiwi Crouch (crouch and spring back up)
- L- Lettuce Leg Lifts (alternate knees up high)
- M- Milking Cows (crouch, then pretend to milk a cow)
- N- Noodle Soup (arms out straight, then make them go wavy)
- O- Orange Juice Jump (jump up 3 times in place)
- P- Pick a peach (get on your tip-toes and reach up to pick a peach off the tree)
- Q- Quantum Leap ( lunge on each side, bending knee to a 90 degree angle)
- R- Rhode Island Mashed Potato (stack fists one on top of the other and shake hips)
- S- Sugar Snap Peas (snap 3 times while wiggling hips side to side)
- T- Tomatoes Touch Your Toes (3 times)
- U- Untie your shoes (bend down and roll fists one over the other)
- V- Vegetable Cheer (twirl each arm at your elbow going "Whoop Whoop Whoop")
- W- Whole Wheat Wrap (arms crossed in front, rock side to side)
- X- Extra Strong (show your big muscles)
- Y- Yellow Squash Squish (curl up nice and small then go big)
- Z- Zzzzzzz (and rest!)