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| Hold Your Waist | Catch the Butterfly |
| Swim Forward | Button |
| Shoot the Stars | Flutter |
| Clap Hands | Knee Wobble |

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| Tick Tock | Swim Backwards |
| Splash the Water | Headache |
| Paint the Walls | Mow the Lawn |
| Push, Circle,  High-5 | Aloha!!! |

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| Own the Dance Floor | Push Back |
| Opposite Arm Swing | Elbow Flick |
| The Wrap | Pass the Cookies |
| Taffy Pull | Pick the Flowers |

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| Shake the Salt Shaker | Pick the Flowers |
| Put Your Boots On | Raise the Roof |
| Tin Soldier | Oh!! |
| Around the Head | Shop for Groceries |

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| Elbow Flick | The Wrap |
| Pass the Cookies | Disco Point |
| Around the Head | Shoulder Wiggle |
| Bump | Antelope Horns |

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| Cross, Push, Cross, Reach Up | Mud |
| Body Wave  Front and Back | Diagonal  Reach |
| Basketball Shot | Throw the Baseball |
| Fire Cracker | Fold Hands and Push |

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| Medium Hug | Double Swim |
| Scoop | Rag Doll |
| Loose Hug | Arm, Pit, and Ear |
| Hide and Seek | Stuck in the Mud |

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| Fly Like a Bird | Up and Down |
| Push, Push, Clap | Spider |
| Put Your Belt On | Grind the Pepper |
| Super Hero | Wax On, Wax Off |

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| Sprinkler | Running Man |
| Video Game | Rocky |
| Hip Hop | Jump Around |
| Slide, Roll, Push | Wind Up to Whip |

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| Hype | Floss |
| Electro Shuffle | Fresh |
| Smooth Moves | Disco Fever |
| Groove Jam | Wiggle |