



SOF BODY POSITIONS + THEME DINOSAURS

WARM-UP

Warm-up song: Dinosaur Freeze Dance (by The Kiboomers)

Dance and “FREEZE” to the Dinosaur Freeze dance!

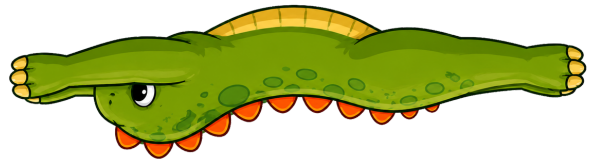
After the practice the following body positions:

- **STRAIGHT** - standing and laying down
- **TUCK** - sitting and rocking-n-rolling
- **LUNGE** - standing and going through each part as a group “Step, Bend, Lean, Reach”

STRAIGHT



“STRAIGHT BODY” position **STANDING**
and in releve’ (tippy toes)



“STRAIGHT BODY” position laying
down on back “LAYOUT STRAIGHT”

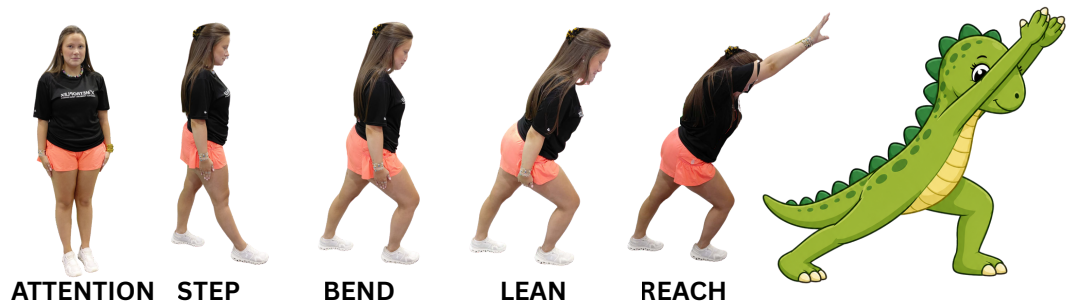
TUCK



LUNGE

Steps for gymnastics LUNGE:

1. **STEP** 1 foot forward
2. **BEND** front leg
3. **LEAN** shoulders forward
4. **REACH** arms up



SOF BODY POSITIONS + THEME DINOSAURS



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Let's all be scary dinosaurs and do the Dinosaur Freeze Dance!

When I say freeze, FREEZE!! And when I say, stomp your feet - Stomp!!

Stomping stomping all around Stomping Stomping Stomping
Stomping any way you please
But stop when I say... Freeze!!!

Roaring Roaring all around Roaring Roaring Roaring
Roaring any way you please
But stop when I say... Freeze!!!

Flying Flying all around Flying Flying Flying
Flying any way you please
But stop when I say... Freeze!!!

Shake your tails all around Shaking Shaking Shaking
Shake your tails any way you please
But stop when I say... Freeze!!!

