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| Walk Backwards | Walk on Your Heels |
| Tip Toe | Walk Sideways |
| Spin | Duck Walk |
| Take Giant Steps | Take Baby Steps |
| Run | March |
| Lunge | Moon Walk |
| Dance | Jump |
| March While Touching Opposite Hand to Opposite Knee | Hop on One Foot |
| Frog Hop | Kangaroo Hop |
| Commando Crawl | Do Cross Over Steps |
| Gallop | Skip |