

SLAPS TWICE, HANDS ON, SWIVELS, CLAPS

- 1 - 2 Slap hands on armrests, slap hands on armrests
- 3 - 4 Place right hand on right wheel, place left hand on left wheel
- 5 - 6 Swivel 45 degrees to right, hold
- 7 - 8 Swivel back to center, hold
- 9 - 10 Swivel to left, hold
- 11 - 12 Swivel back to center, hold
- 13 - 14 Clap hands, clap hands
- 15 - - 28 Repeat 1 through 14

SLAPS TWICE, HANDS ON, ROLL FORWARD/BACK TURN

- 29 - 30 Slap right hand on armrests, slap left hand on armrests
- 31 - 32 Place right hand on right wheel, place left hand on left wheel
- 33 - 36 Roll forward (4)
- 37 - 40 Roll back making 1/4 turn (4)
- 41 - - 44 Repeat 33 through 40 (now facing opposite start)
- 45 - 48 Roll forward (4)

HAND TUMBLE FORWARD/BACK

- 49 - 52 Roll hands forward around each other in a circle
- 53 - 56 Roll hands reverse turn around each other in a circle

PIGEON HANDS, KNEE REST

- 57 Extend left arm to left right arm to right palm face down
- 58 Place hands on chest fingertips touching
- 59 Place right hand on right knee
- 60 Place left hand on left knees

REPEAT

/Notes for non wheeley's: For slaps, slap thighs. For swivels, swivel on heels/toes. For rolls, just walk. For knees, use thighs
