

Tag with Arm Movement

- 1 RF step R with hands close in the middle of your body
- 2 - 4 arms sliding out to both sides
- 5 & 6 punch right arm straight in left diagonal (5), punch left arm straight in right diagonal over right arm (&), pull both arms down at once while RF toe drag next to LF, then restart

Last Update: 4 Feb 2024
