



## **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**

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