

INSTRUCTIONS: Print out the Groove Move ideas and cut them up and put them into a hat or bag. Make sure there are enough for all the boys on your team.





THE NINJA



THE ROW BOAT



THE FROG



THE EAGLE



THE CREEPER



THE PORCUPINE



THE HITCH HIKE



THE WOLVERINE



THE KETCHUP





THE TEA POT



The Juggler



THE TOE SPIN



THE HEEL JIG



THE Pinocchio LEGS



The Jelly Fish



THE ROLLER SKATE



The reclining CHAIR



THE SKI JUMP



THE NASCAR ROUND-ABOUT