



MY NAME IS:

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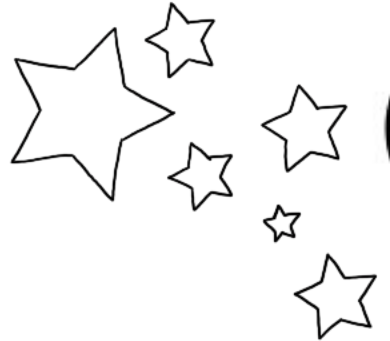
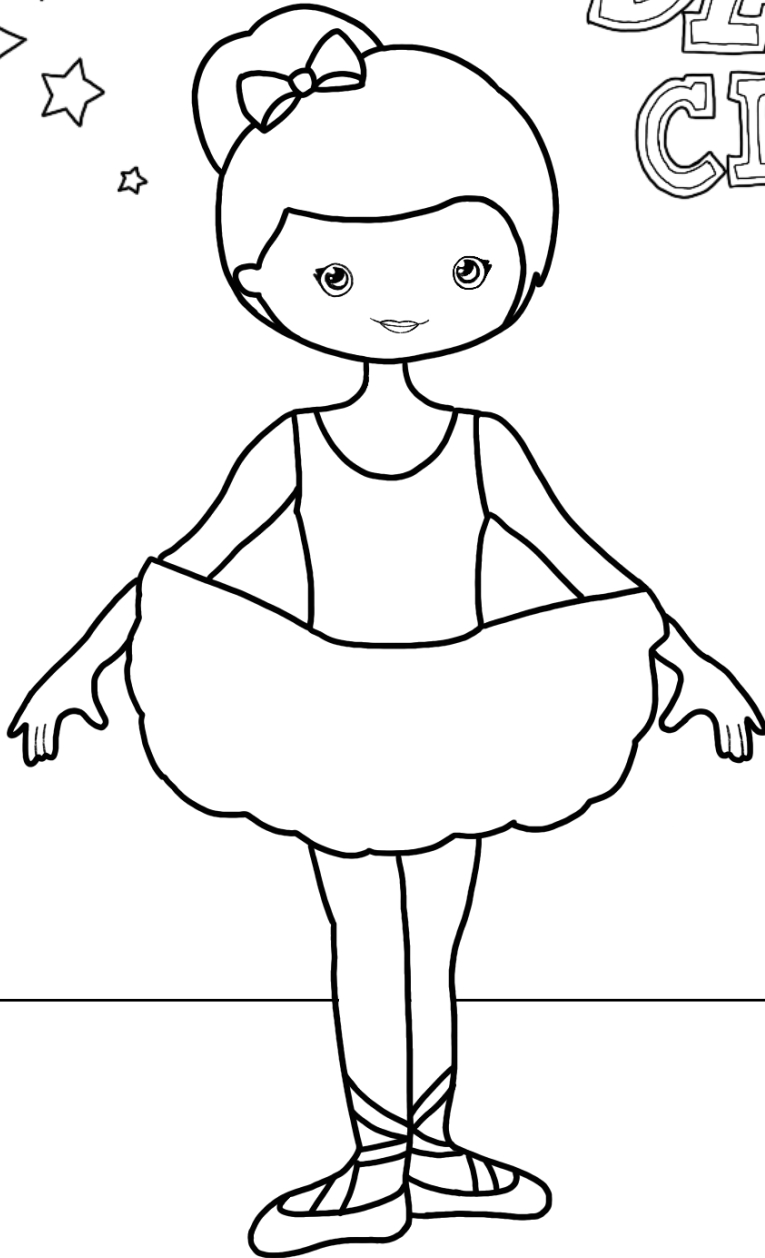
AND

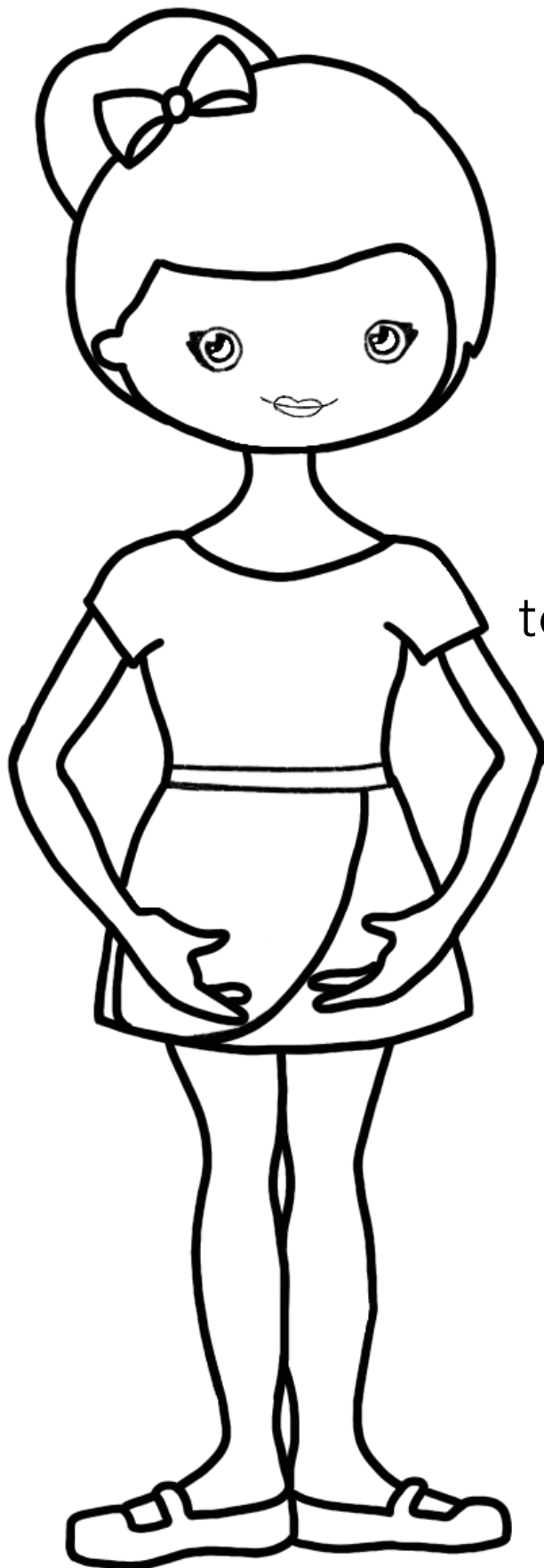
I LOVE  
DANCING

AT

EXPRESSIONS  
DANCE

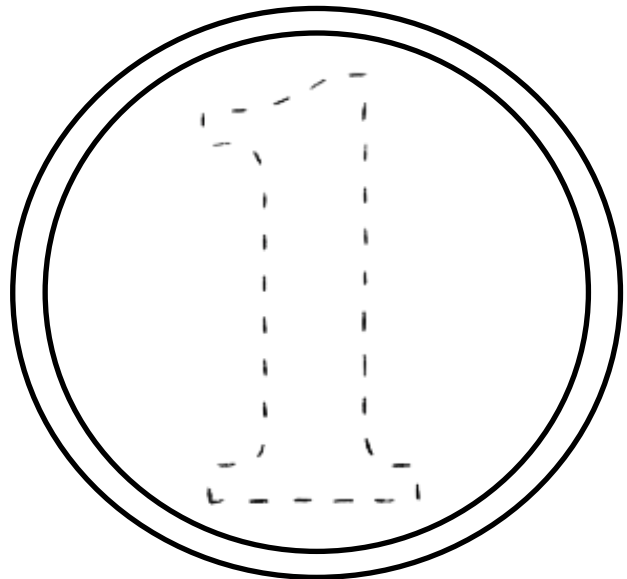
WELCOME  
TO  
DANCE  
CLASS!





# FIRST POSITION

Arms are round  
just like the sun,  
toes are out, heels are in,  
this is how we begin.



Trace the number one

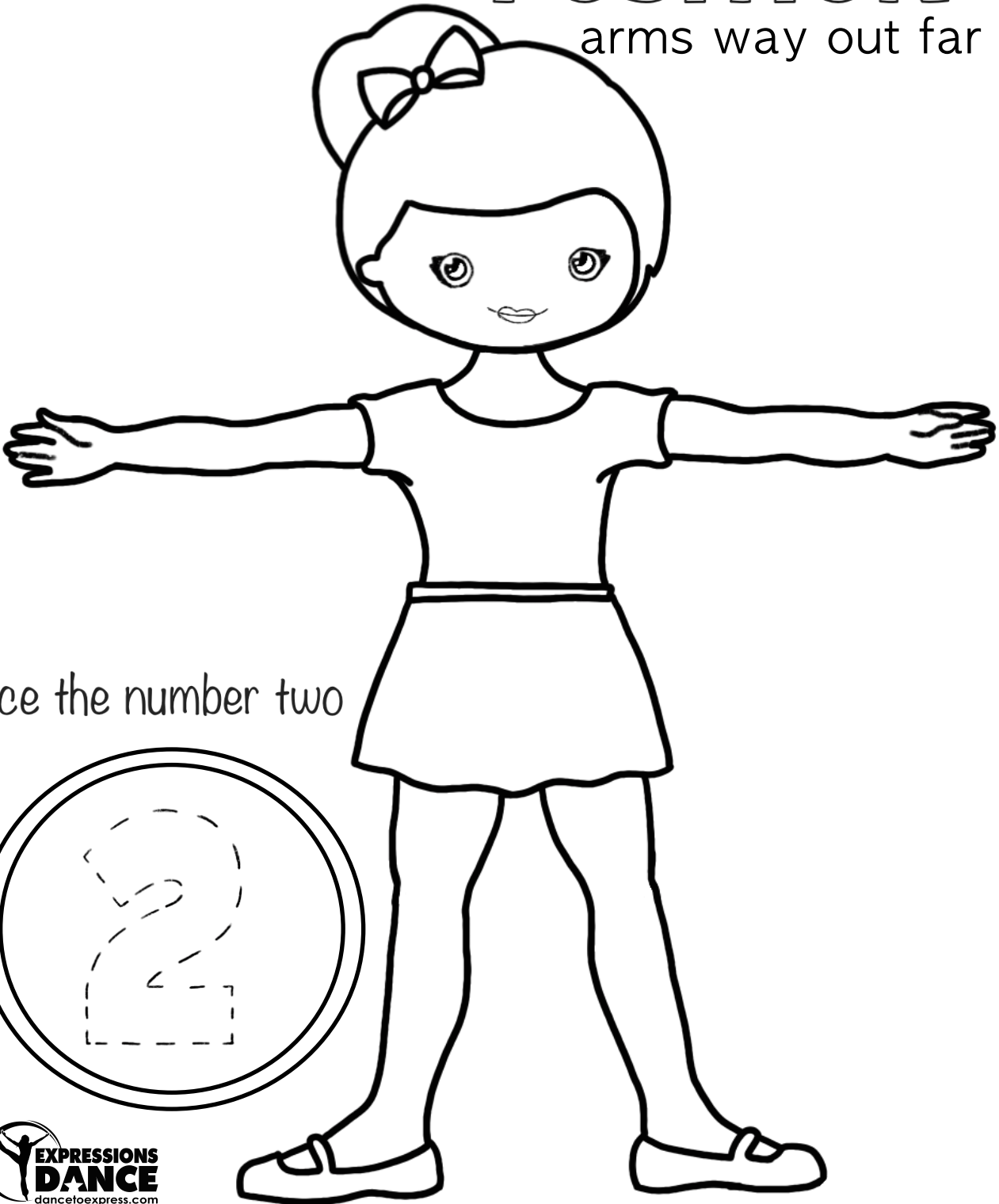




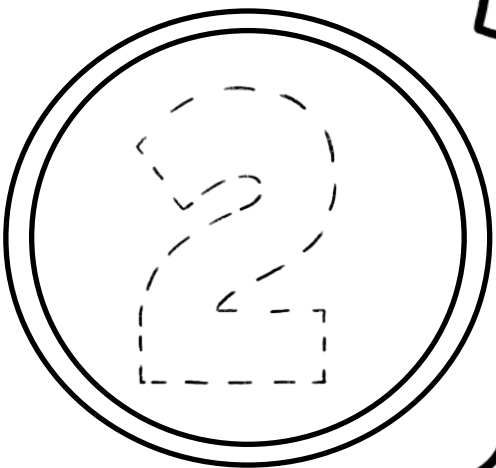
# SECOND

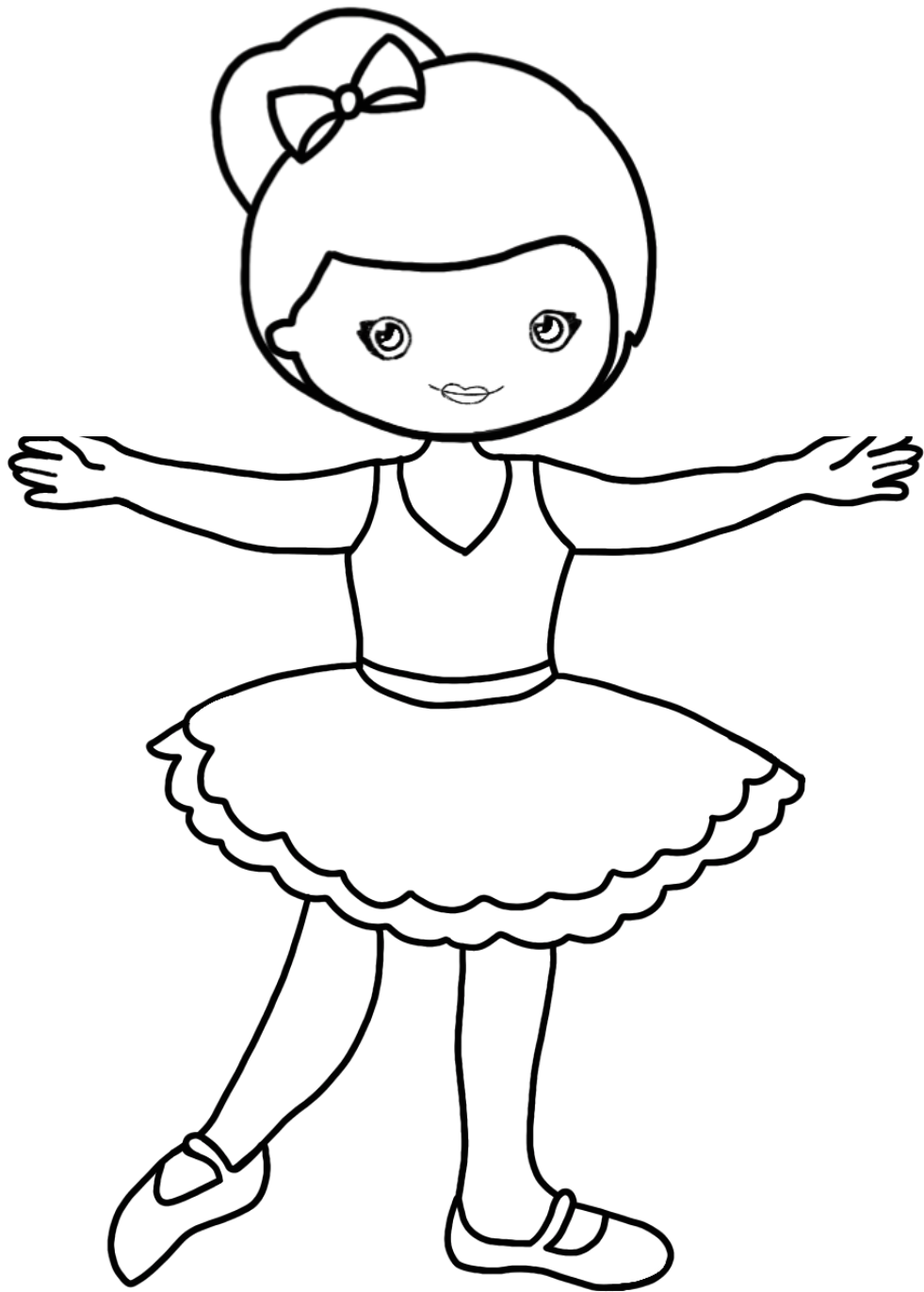
# POSITION

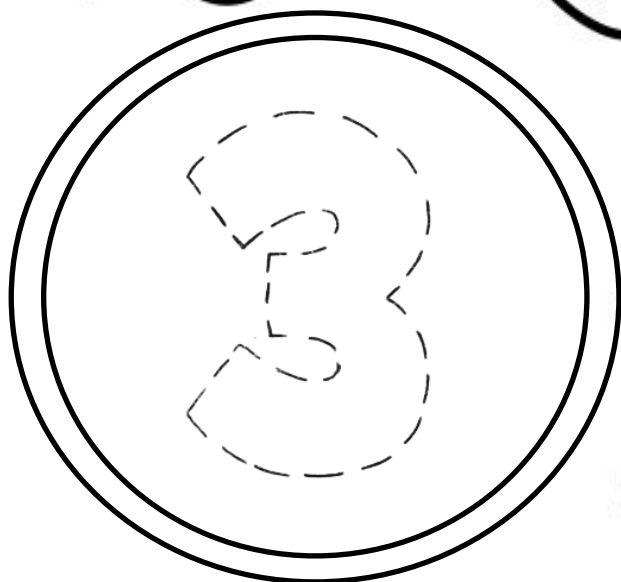
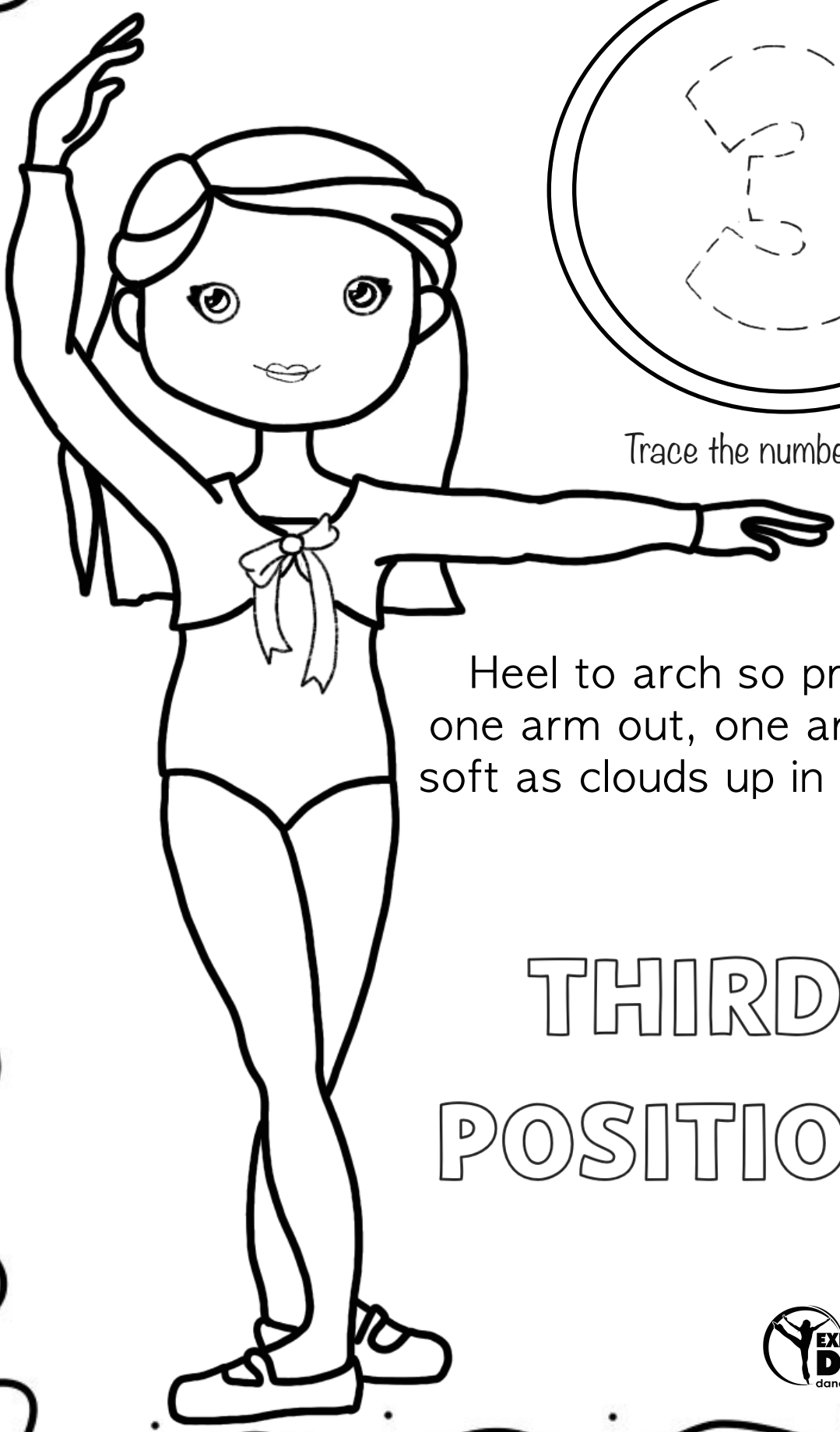
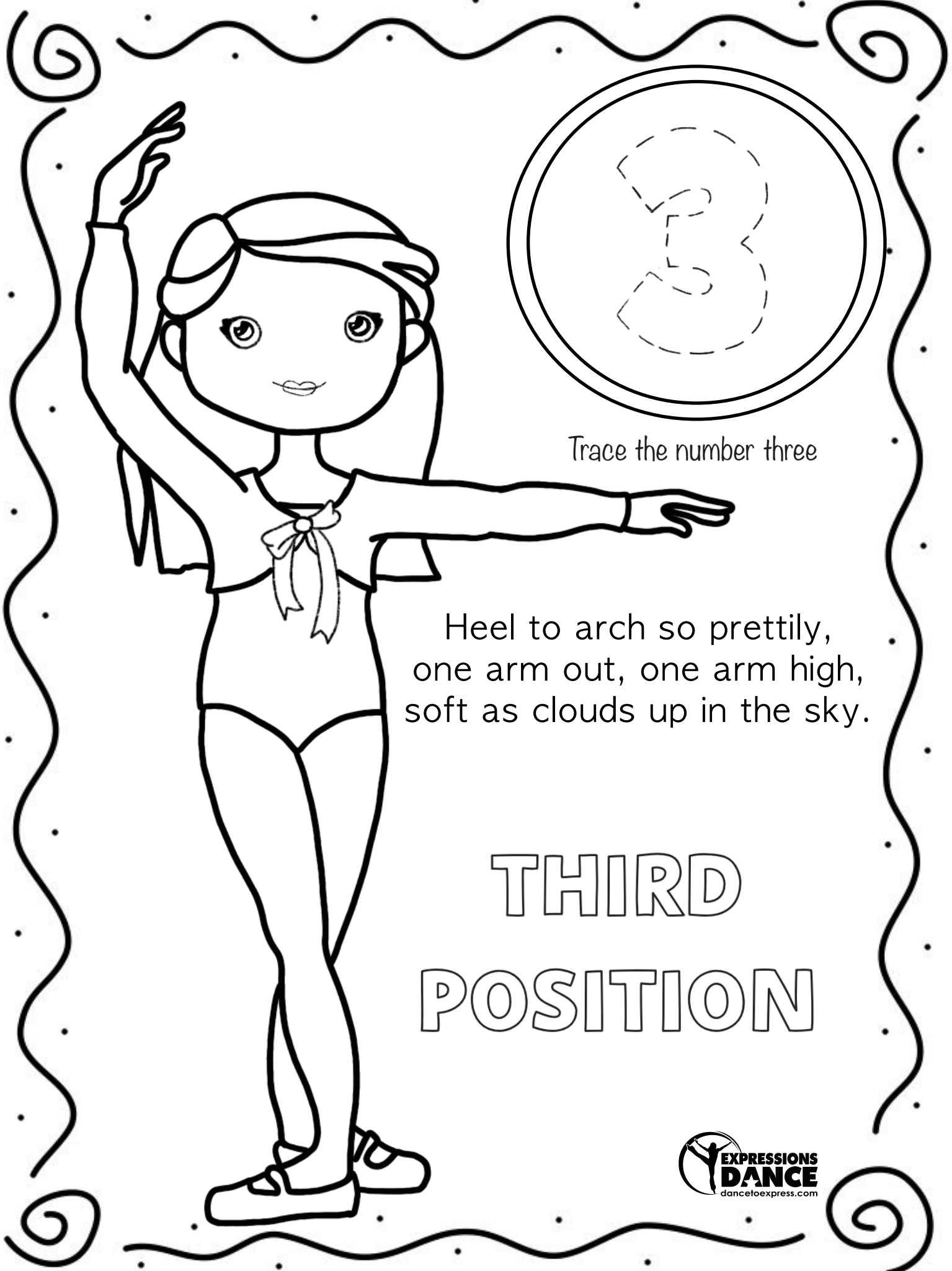
arms way out far



Trace the number two



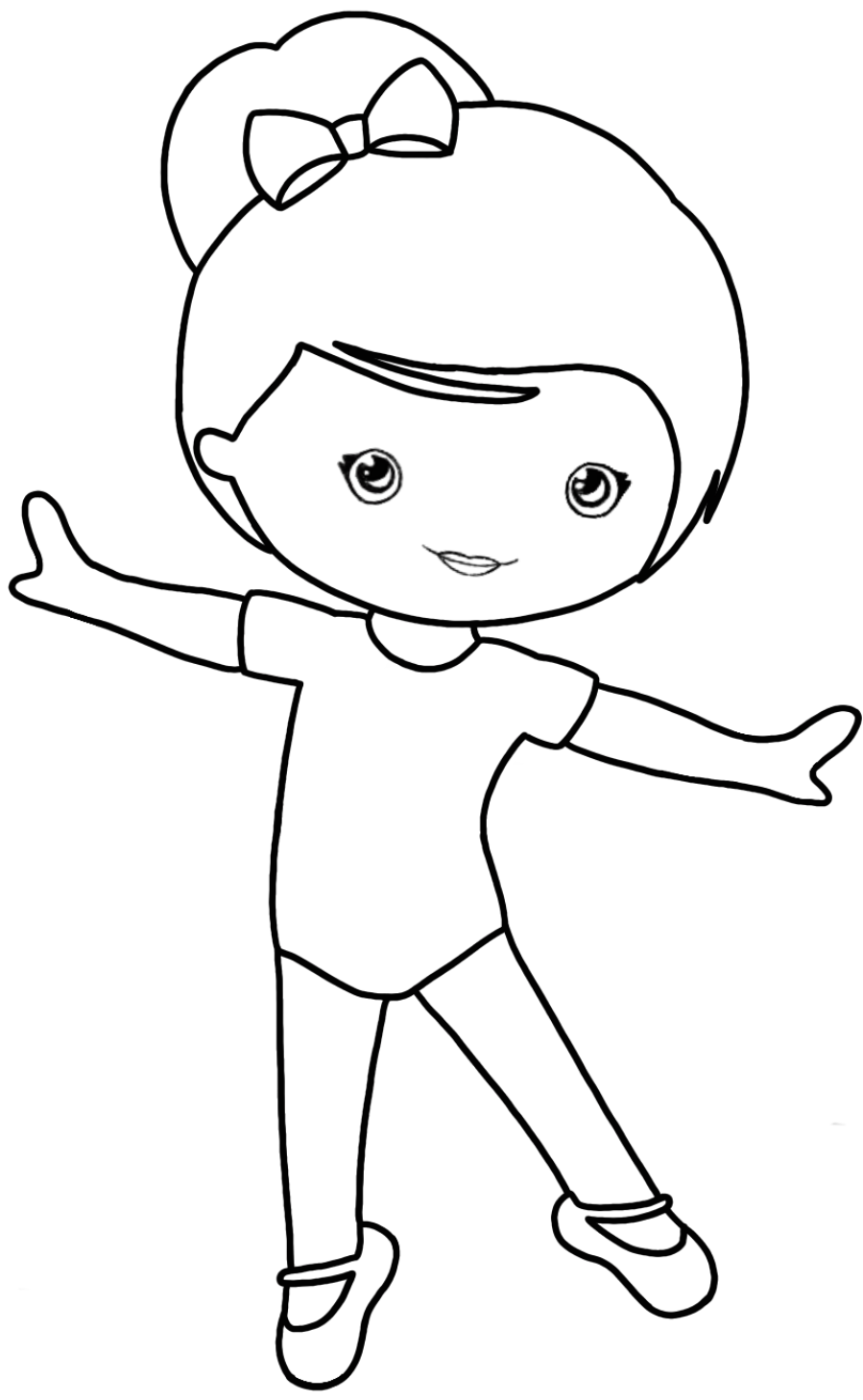




Trace the number three

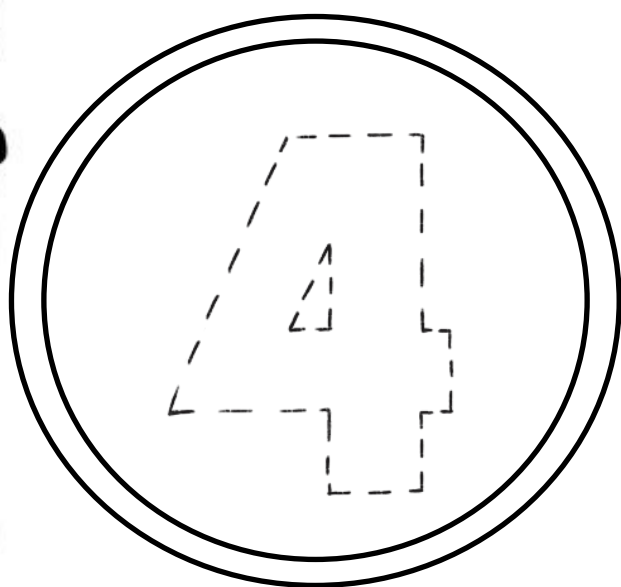
Heel to arch so prettily,  
one arm out, one arm high,  
soft as clouds up in the sky.

# THIRD POSITION





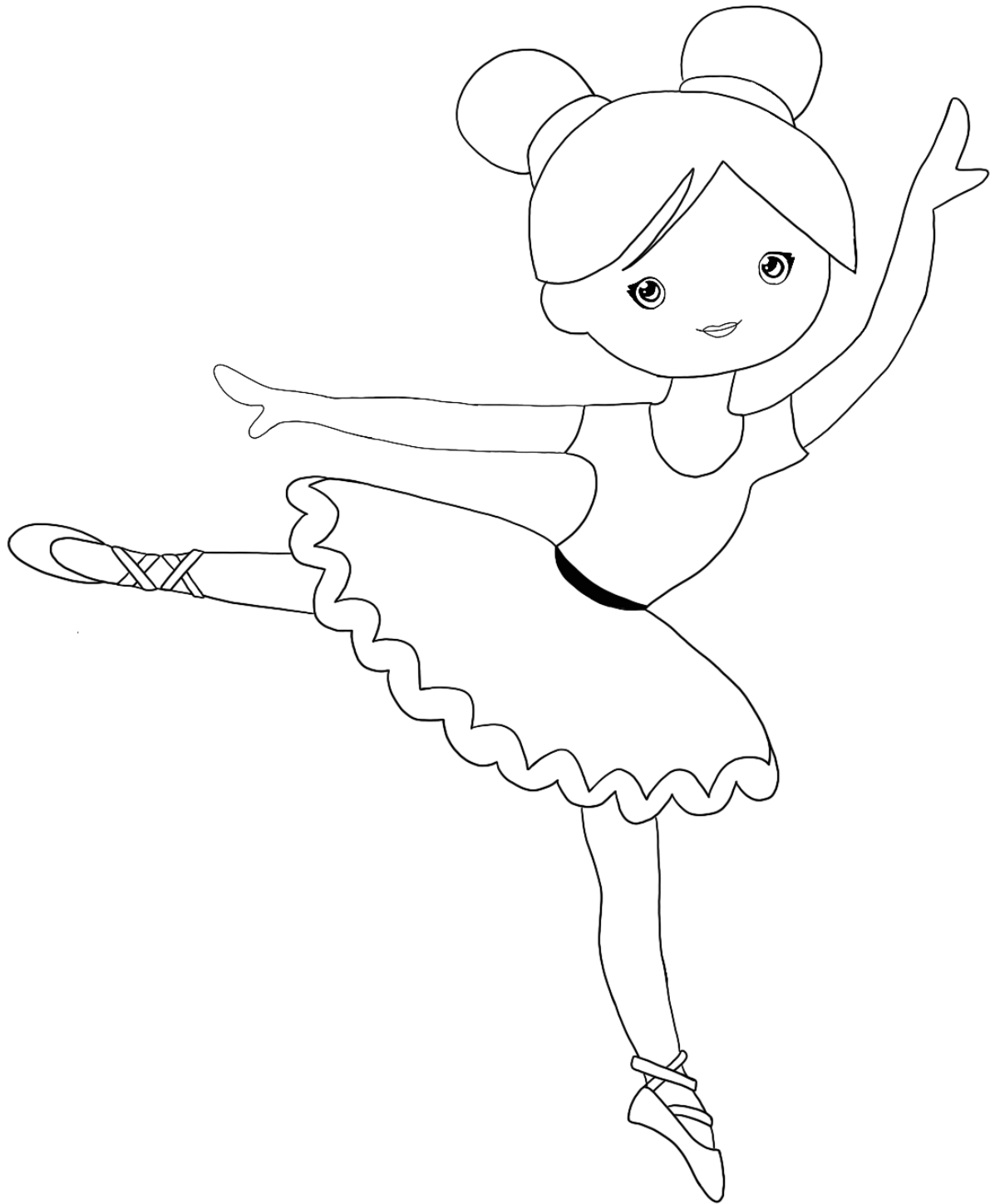
# FOURTH POSITION



Trace the number four

One foot forward on the floor,  
watch me stand so gracefully,  
one arm out in front of me.

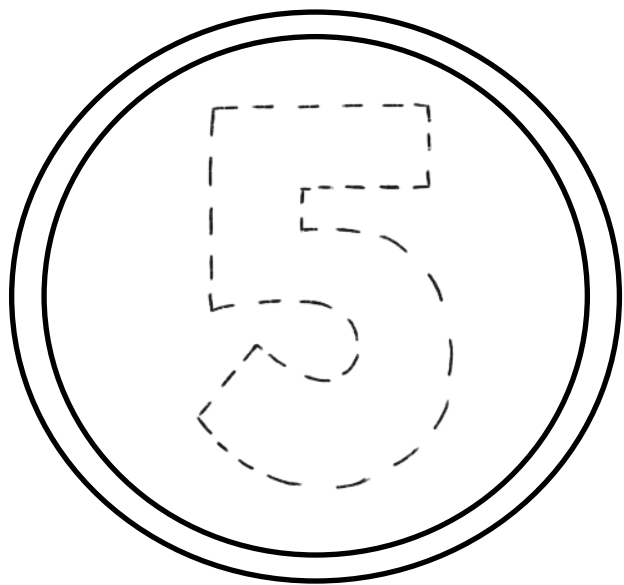




ARABESQUE



# FIFTH POSITION



Trace the number five

Now's the time  
to really strive!  
Toe to heel, heel to toe,  
nice round arms  
we should show.

