Step 1 Belly Button in Step 2 Push hands up



Step 3 Open arms wide Step 4 Hollow out the upper back



Step 5 Start to turn Step 6 Rotate right



Step 7 Rotate left Step 8 Slowly hang down



Step 9 Rock the baby Step 10 Rock the baby from the side



Step 11 and 12 Drop arms, rise up one vertebrae at a time



Step 13 and 14 Apply gentle pressure with hand, hold then switch



Step 15 Hands on upper back and push back Step 16 Nod head Up



Step 17 Nod head down Step 18 Shake head no



Step 19- Finish and Repeat once!

