A - Alligator
B - Bend at the knees
C - Chair pose
D - Dance
E - Elephant steps
F - Fly like a bird
G - Gallop
H - Hugs
I - Itsy bitsy steps
J - Jump
K - Kick
L - Leg lifts
M - March
N - Noisy steps
O - Open and shut arms
P - Popcorn
Q - Quiet hops
R - Run
S - Side steps
T - Turns
U - Under momma’s legs
V - Vacuum
W - Wiggles
X - “X” jumping jacks
Y - Yoga (downward dog)
Z - Zig zag steps