

MEDIUM-LEVEL ACTIVITIES



Music Activity Videos

Participants can follow the movements shown on the website videos.

- Bachata
 - » [Line Dance](#) (run time 4:13 min)
 - » [Basic](#) (run time 3:05 min)
- Cha Cha Slide
 - » <https://www.youtube.com/watch?v=wZv62ShoStY> (run time 4:14 min)
 - » <https://www.youtube.com/watch?v=gtA3TwjHLL4> (run time 4:14 min)
 - » <https://www.youtube.com/watch?v=o6rqLQqoQAc>
- [Chicken Dance](#) (run time 2:46 min)
- [Dance Energizer On the floor 5](#) (run time 3:37 min)
- [Dance Exercise](#) (run time 3:39 min)
- [Dans Le Tango](#) (run time 5:29 min)
- [Geometry Dance](#) (run time 1:52)
- ["Happy" Energizer](#) (run time 4:36 min)
- [Hokey Pokey](#) (run time 2:25 min)
- [International La Macarena](#) (run time 1:45)
- [Koo Koo Kanga Roo—Dinosaur Stomp: Dance-A-Long Video](#) (run time 3:37 min)
- [Koo Koo Kanga Roo—Wiggle It: House Party Dance-A-Long Workout](#) (run time 1:35 min)
- [La Cumparsita Tango](#) (run time 4:12 min)
- [Let Your Yoga Dance](#) (run time 2:55 min)
- [Maroon 5 Moves Like Jagger Dance Video Energizer by Tim Duffy](#) (run time 4:10 min)
- [PowWow Sweat](#) (multiple)
- [Wavin' Flag Energizer](#) (run time 3:51 min)