

**PUNGGOL COVE PRIMARY SCHOOL  
PE & AESTHETICS DEPARTMENT  
HOME-BASED LEARNING ACTIVITY**

Choose your favourite song and enjoy a creative dance to the music.

Some dance steps to follow:

1. Do point balances to the music
  - 1-point balance, 2-point balance, 3-point balance, 4-point balance
2. Form shapes with your arms. Round, triangle, heart shapes.
3. Pretend to be a butterfly/bird and flap your arms in the dance area.
4. Robot steps (move like a robot)
5. The Floss dance steps (follow steps shown in picture below)



Arms down by sides and make fists

Arms swing across body to the right side  
Swing hips to the left

Swing arms up to left side  
Swing hips to the right

Pull arms back down sharply  
Thrust hips to the right

Pull arms back down sharply  
Thrust hips to the left

Swing arms back up to right side  
Swing hips back to left

Swing arms back up to left side  
Swing hips back to right

Arms swing back across body to left side  
Swing hips back to right

PUNGGOL COVE PRIMARY SCHOOL  
PE & AESTHETICS DEPARTMENT  
HOME-BASED LEARNING ACTIVITY

6. Moonwalk (follow steps shown on picture below)



7. Other dance steps you may follow:



**PUNGGOL COVE PRIMARY SCHOOL  
PE & AESTHETICS DEPARTMENT  
HOME-BASED LEARNING ACTIVITY**

8. You could also try the following dance workout:

The Greater Singapore Workout!

<https://www.youtube.com/watch?v=rRt3tXSg-U8>

2019 National Day Workout: Our Singapore

<https://www.youtube.com/watch?v=Y1C9cwyZIUg>