

MARCHING TO THE BEAT



*"Let's get ready to march on the spot
8 7 6 5 4 3 2 1"*

Marching on the spot to the beat of 8.
Use your power arms, it's really great.

1 2 3 4 5 6 7 8

Marching on the spot to the beat of 8.

"8 7 6 5 4 3 2 1"

Marching forward to the beat of 8.
Use your power arms, it's really great.

"Forward now" 1 2 3 4 5 6 7 8

Marching forward to the beat of 8.

"8 7 6 5 4 3 2 1"

Marching backwards to the beat of 8.
Use your power arms, it's really great.

"Backwards now" 1 2 3 4 5 6 7 8

Marching backwards to the beat of 8.

*"For the last time – marching on the spot
8 7 6 5 4 3 2 1"*

Marching on the spot to the beat of 8.
Use your power arms, it's really great.

1 2 3 4 5 6 7 8

Marching on the spot to the beat of 8.

