

Tour of Europe

1st Stop: Leaning Tower of Pisa. *Lean over like the Leaning Tower of Pisa!*

Stick your arms out straight above you, hands in a clapping position, and lean side to side.

2nd Stop: Big Ben. *Tic like a clock at Big Ben!*

March in place. Stick out your arms straight above you, and with your right arm, make 3 distinct movements down towards your side. Bring your right arm back up and repeat on your left.

3rd Stop: Stonehenge. *Act like you're raising the stones at Stonehenge!*

Push your arms upwards, with your palms facing up, as if you were pushing something up away from you. Step side to side as you do this.

4th Stop: The Eiffel Tower. *Pose like the Eiffel Tower at the Eiffel Tower!*

Step out with your right foot and bring your arms up straight above your head, with your hands touching. Step back into standing position and bring your arms down. Repeat on both sides.

5th Stop: The Alps. *Ski at the Alps!*

Jump side to side. With each jump, swing your arms from your front to behind you.

6th Stop: Neuschwanstein Castle. *Kneel in front of royalty at Neuschwanstein Castle!*

With your right forearm across your stomach and your left arm extended out to your side, step forward with your right leg into a lunge, then come back to standing position. Repeat on both sides.

7th Stop: Hallstatt. *Jump in the lake at Hallstatt!*

Jump into a squat position with your hands raised in the air. Repeat.

8th Stop: The Colosseum. *Fight like a gladiator at the Colosseum!*

March in place. Keeping your hands in fists, punch outwards with your right arm, keeping your left arm close to you, with your left fist near your face. Repeat on your left.

9th Stop: Algarve. *Splash in the waves at Algarve!*

Do two quick jumps facing your right, then switch to your left and repeat. As you jump, move your hands up and down, palms facing down, as if splashing.

10th Stop: Barcelona. *Dance in Barcelona!*

From standing position, place your right leg in front of you, twisting your hip and lifting your right heel off the ground. As you do this, bring your left arm up behind you and your right arm outstretched in front of you, and flick your hands as you twist your hip. Repeat on your other side.

11th Stop: The Parthenon. *Pose like a Greek god at the Parthenon!*

Step out to your side with your right leg, and bring both your arms up in a muscle pose. Repeat on both sides.