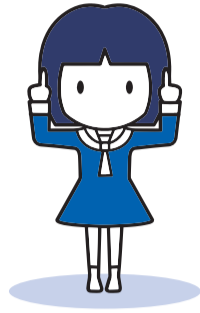


enloop Dance Step-by-Step Guide

Block 1



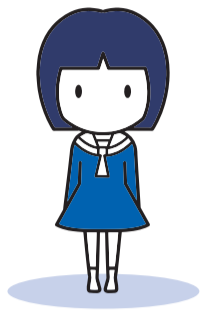
01

Start by pointing your index fingers and holding your elbows out.



02

Slowly rotate your body in a circle one time and wave your fingers in a circle.



03

Pause.

Block 2



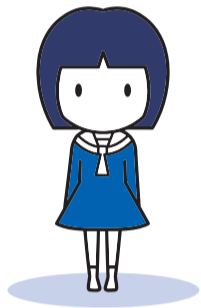
04

Point your left hand above your head and your right hand below your waist.



05

And reverse!



06

Pause.

Block 3



07

Put your right arm forward.



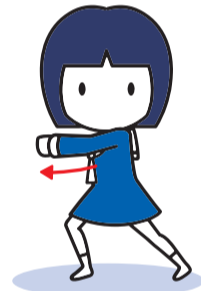
08

Then switch to your left arm!



09

Back to the right and this time touch your wrist!



10

Left.



11

Right.



12

Left.



13

Pause.

Block 4



14

Make a ring above your head and wiggle your head while moving right.



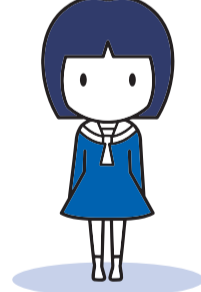
15

Stand straight while making the ring.



16

While wiggling your head in your ring, move right, left, left and center



17

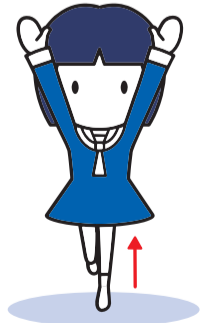
Pause.

Block 5



18

Wave both hands in a circle to the right 3 times while taking 3 steps to the right.



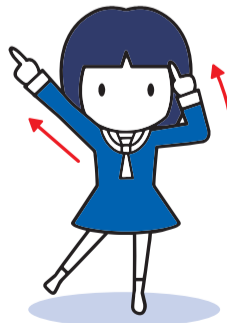
19

Throw your hands up and JUMP!



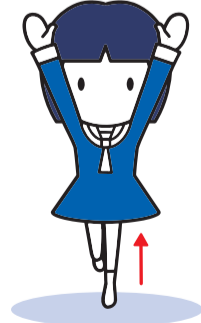
20

Pause.



21

Wave both hands in a circle to the left 3 times while taking 3 steps to the left.



22

Throw your hands up and JUMP!



23

Pause.

04 ~ 23
Repeat
x2



24

Throw your hands up and FINAL POSE!