

MTLRW4.mp4

[00:00:00] OK so we're stretching up to my ceiling. Make yourselves as long as you can. Excellent. Now back to back, twist and high five. One, two, three, four, five, six, seven, eight, nine, ten.

[00:00:27] And now turn to facing each other and hands out in front and push and relax. And again push and relax.

[00:00:41] And then we're gonna go.

[00:00:43] Hi, hi, low, low. Hi, hi, low, low. Three, four, five, six, seven, eight, nine, ten. Finishing off with a stretch up to the ceiling and relax.

[00:01:17] Very good. Very well coordinated.