Crab Walk

BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS
Crab Walk

🌟 Sit on the floor, and reach your hands behind your hips. Raise your hips off the ground by bridging with feet and hands. Try to keep your back straight; don’t let your hips sag!

🌟 You can move forward, sideways, or backward when you Crab Walk.

Chant:

While pelicans and seagulls gracefully glide, a crab lays low and walks side to side.