Caminar como un Cangrejo
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.