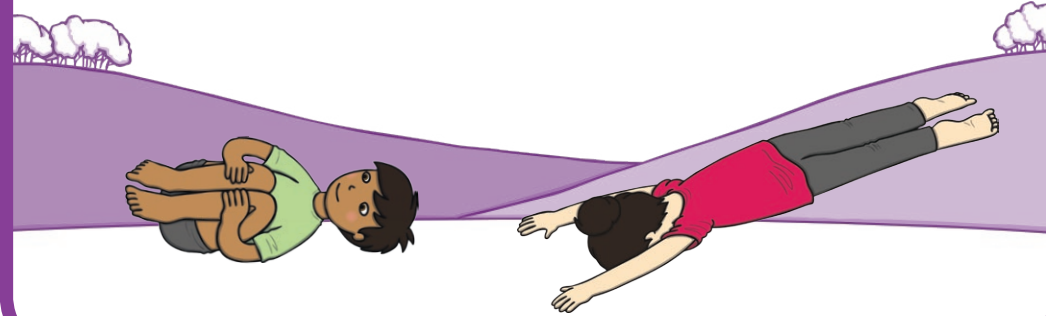


Try a sideways shoulder roll.



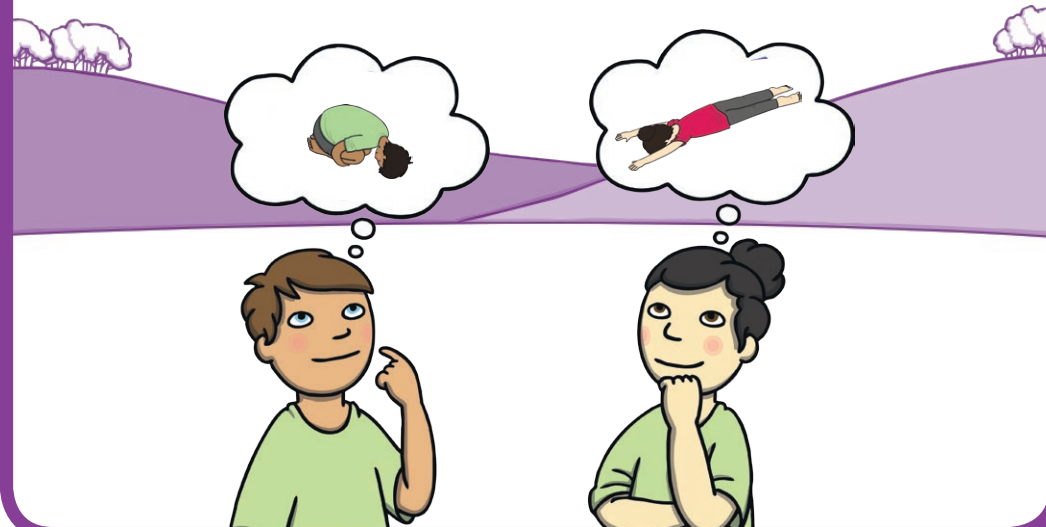
Start in an egg roll on your back, go into a log roll on your stomach and move back into an egg roll on your back. Make a hilly shape and stand up as quickly as you can and stretch up high to finish.



Put a sideways shoulder roll into a movement sequence.



Remember your movement sequence and improve it.

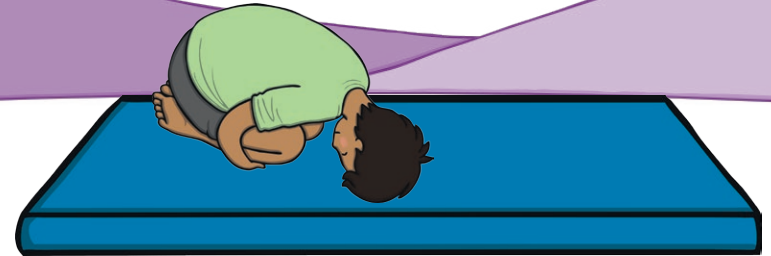




Log roll on a mat and make a small curled shape then hold it.



Egg roll on a mat and make a long thin shape then hold it.



Rock from side to side on a mat in a small curled shape.



Rock from side to side on a mat in a long thin shape.

