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INSTRUCTIONS

TICK TOCK HIPS

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/tick-tock-hips/>

Core

Extension

Hip Flexors

Kicks

Leaps

Lower Body

Shoulders



STEPS:

- Starting seated with your legs extended in front of you, lift your arms so they extend straight from your shoulders in a T.
- Lift your hips into a half straddle, and then a full straddle.
- Slowly bring your hips back to a half and feet together.

Repeat 5-8 times.