



# Get in the Groove! - Arms



## Key Terms

Fill in the blanks with the types of arm movements that best matches the description: **Shoulder Rolls, Shimmy, Rainbow, Raise the Roof**

1. \_\_\_\_\_ involves raising your arms up and over your head.
2. You can \_\_\_\_\_ by using flat hands and moving your arms up and down next to your shoulders.
3. The arm movement that involves forming the letter "w" with your arms is called the \_\_\_\_\_.
4. The arm movements that go up, back, and around are called \_\_\_\_\_.