
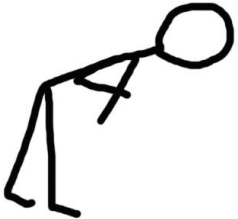


# Move Like a Figure Skater

<p>Glide across the ice</p> 	<p>Jump up in the air</p> 
<p>Spin quickly</p> 	<p>Skate fast!</p> 
<p>Move your arms</p> 	<p>Do an arabesque</p> 
<p>End with a bow</p> 	<p>Show your quick feet with a footwork sequence</p> 