

Crazy Feet (Preferably without shoes)

These are 20 meters in length up and back

Walking on toes

-straight

- toes in

- toes out

Walking on heels

-straight

- toes in

- toes out

Skipping on toes

-straight

- toes in

- toes out

Short quick running steps on toes

-straight

- toes in

- toes out

Toe Grabs (10 each)

-straight

- toes in

- toes out