

(Consists of five BBall skills, uses no balls, just mimic the movements of bball)

Dribble Right 4X

Dribble Left 4X

Alternate passing right to left a total of 8X

Defensive slide right 3X and Clap (shuffle)

Defensive slide left 3X and Clap

Defensive slide right 3X and Clap

Defensive slide left 3X and Clap

3 Steps forward and Shoot

3 Steps back and Shoot

3 Steps forward and Shoot

3 Step back and Shoot

Jump or Rebound 4X

Repeat in this sequence until the end of the song.