

Asymmetrical Dance Party Routine

This entire exercise routine is done standing up. If you need balance support, try one of our seated or standing with a chair videos instead.

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.

Please consult your doctor before undertaking any exercise routine, and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

Do each movement as many times as you feel comfortable.

Let's warm up with some gentle shaking of the body.

Come to stillness.

Step from side to side with your natural rhythm. Feel free to add in some arm movements.

Step forward and back.

Step diagonally forward to one corner, back to center, and then to the other side.

Do the same from the center diagonally to your two back corners.

Take your steps around your center point, don't forget to go both ways.

Let's get asymmetrical-

Reach one arm up while kicking the opposite leg out and switch from side to side.

Let's get funky - point in all directions with one hand, keep the other hand on your hip. Change to the other side.

Rock side to side and add some fun swimming arms.

With your arms, make movements like:

'Push it away and bring it in.'

'Pick it up and put it down.'

'Open it up and close the door.'

Pause and breathe.

Let's add it all together, FREE DANCE TIME!!!

Groove to the rhythm of your heart and soul!

Come to stillness and breathe deeply.

Wiggle from head to toe.

Take three flying breaths.

