

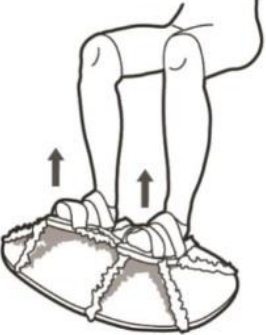

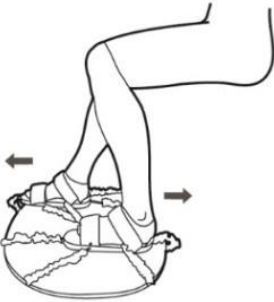
# \* Dancing with the Stars & MoveMor™ \*

**Perform each sequence for a count of 8, then 4, and 2.**

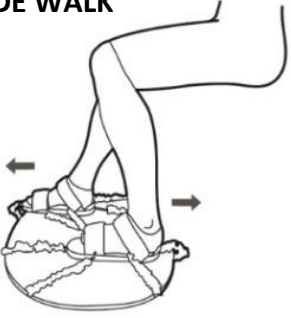
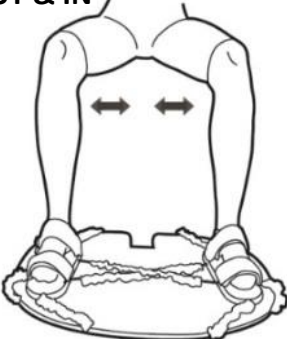
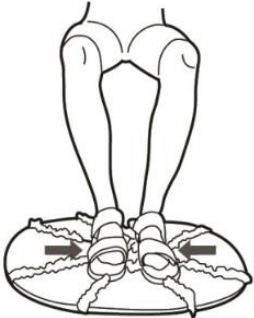
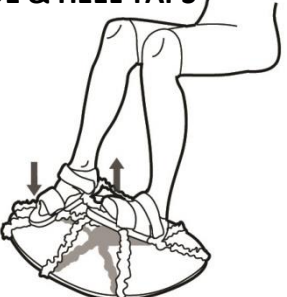

Repeat each section once or twice depending on ability levels.

Enjoy moving the arms and upper body to the music.

Watch for participant fatigue and insert breaks as needed. Perform small moves like: Shuffle; Toe Lifts; Heel Lifts or rest in the home position; breathe deeply to refresh and recover.

Exercise	Sequence	Muscles & Benefits
<p><b>HEEL &amp; TOE LIFTS</b></p> 	<ul style="list-style-type: none"> <li>• Lift and lower heels</li> <li>• Lift and lower toes</li> <li>• Tap toes inward - tap toes center – tap toes outward – tap center and in</li> </ul>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Dorsi- &amp; Plantar flexors</li> <li>➤ Invertors &amp; Evertors</li> </ul> <ul style="list-style-type: none"> <li>• Ankle strength &amp; flexibility</li> <li>• Walking &amp; Foot stability</li> <li>• Circulation</li> <li>• Balance &amp; Fall reduction</li> </ul>
<p><b>STAR FEET</b></p> 	<p><b>Return to center/home position between each move:</b></p> <ul style="list-style-type: none"> <li>• Push feet forward.</li> <li>• Push feet upward &amp; diagonally.</li> <li>• Slide feet out to sides.</li> <li>• Slide feet downward &amp; diagonally.</li> <li>• Pull feet back.</li> </ul> <p><i>Option: Reverse direction</i></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Quadriceps &amp; Hamstrings</li> <li>➤ Abductors</li> <li>➤ Gluteals</li> </ul> <ul style="list-style-type: none"> <li>• Walking</li> <li>• Standing and balancing</li> <li>• Side step</li> <li>• Stair climbing</li> </ul>
<p><b>BREAK</b> ~ Shuffle ~</p>		
<p><b>SHUFFLE</b></p> 	<p><b>A smaller, gentler version of Slide Walking.</b></p> <p><b>Slide one foot forward, pull one back, alternate.</b></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Quadriceps</li> <li>➤ Hamstrings</li> </ul> <ul style="list-style-type: none"> <li>• Walking</li> <li>• Sit and rise from a chair</li> <li>• Climb up and down stairs</li> <li>• Squat/bend down</li> </ul>


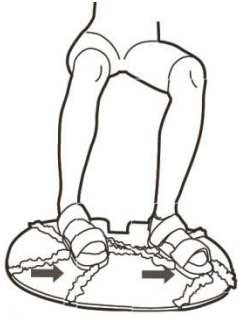

## Sequence

<p><b>SLIDE WALK</b></p> 	<p><b>Slide one foot forward, pull one back, alternate.</b></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ <i>Quadriceps</i></li> <li>➤ <i>Hamstrings</i></li> </ul> <ul style="list-style-type: none"> <li>• Walking, standing and balance</li> <li>• Sit &amp; rise from a chair</li> <li>• Climb stairs</li> <li>• Squat/bend down</li> </ul>
<p><b>OUT &amp; IN</b></p> 	<p><b>Slide feet &amp; knees out to the sides, squeeze back to center.</b></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ <i>Abductors/adductors</i></li> <li>➤ <i>Gluteals</i></li> </ul> <ul style="list-style-type: none"> <li>• Walking balance and endurance</li> <li>• Side-to-side movements</li> <li>• Get in &amp; out of tub or car</li> <li>• May improve bladder control</li> </ul>
<p><b>1. SWEEP/ STEP OUT</b> <b>2. SWEEP/ STEP IN</b></p> 	<p><b>Keep knees aligned with hips:</b></p> <ol style="list-style-type: none"> <li><b>1. Slide or step foot out to side, alternate left &amp; right.</b></li> <li><b>2. Slide or step foot inward, alternate left &amp; right</b></li> </ol>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ <i>External/internal rotators</i></li> </ul> <ul style="list-style-type: none"> <li>• Hip stability and mobility</li> <li>• May help reduce lower extremity (LE) injuries and low back pain</li> <li>• Twisting motion of LE</li> <li>• Golfing, dancing or swinging a tennis racquet</li> </ul>
<p><b>TOE &amp; HEEL TAPS</b></p> 	<p><b>Lift toe of one foot, heel of the other, alternate</b></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ <i>Dorsi- &amp; Plantar flexors</i></li> </ul> <ul style="list-style-type: none"> <li>• Coordination</li> <li>• Walking</li> <li>• Foot stability</li> <li>• Balance</li> </ul>
<p><b>DOUBLE KICKS</b></p> 	<ol style="list-style-type: none"> <li><b>1. Slide feet forward only.</b></li> <li><b>2. Pull feet back only.</b></li> </ol>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ <i>Quadriceps</i></li> <li>➤ <i>Hamstrings</i></li> </ul> <ul style="list-style-type: none"> <li>• Walking, standing endurance, balance</li> <li>• Sit and rise from a chair</li> <li>• Climb stairs</li> <li>• Squat/bend down</li> </ul>

**BREAK**

**Shuffle ~ Merry Go Round (Figure 8) ~ Tap Toes & Heels ~ Star Feet (small)**


*Sequence*

<p><b>MARCH</b></p> 	<p><b>Lift and lower one knee, alternate.</b></p> <ol style="list-style-type: none"> <li>1. Slow</li> <li>2. Double Time</li> <li>3. In &amp; Out</li> <li>4. Shuffle</li> </ol>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Hip flexors &amp; Core</li> <li>➤ Adductors/Abductors</li> <li>➤ Gluteals</li> </ul> <ul style="list-style-type: none"> <li>• Walking and standing endurance</li> <li>• Enhanced gait</li> <li>• Better balance and posture</li> <li>• Climb stairs</li> </ul>
<p><b>WINDSHIELD WIPERS</b></p> 	<p><b>Rotate toes left and right.</b></p> <ol style="list-style-type: none"> <li>1. Slow</li> <li>2. Fast</li> <li>3. Tap toes (left &amp; right)</li> </ol>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Invertors</li> <li>➤ Evertors</li> </ul> <ul style="list-style-type: none"> <li>• Ankle stability and mobility</li> <li>• Balance</li> <li>• May help prevent ankle sprains and re-injury</li> <li>• May increase proprioception &amp; physical function</li> </ul>
<p><b>BOX STEP</b></p> 	<p><b>Bring feet and knees together:</b></p> <p><b>Push feet forward, outward, downward &amp; together. Reverse direction.</b></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Adductors/Abductors</li> <li>➤ Quadriceps &amp; Hamstrings</li> </ul> <ul style="list-style-type: none"> <li>• Walking</li> <li>• Sit and rise from a chair</li> <li>• Balance and posture</li> <li>• May help bladder control</li> </ul>

*Sequence*

**From the Top!**

- Repeat all combos X 4 then X 2.
- Assess participants throughout and take breaks as needed.

<p><b>LEG EXTENSION</b></p> 	<p><b>Pull boards 6-8 inches forward.</b></p> <p><b>Scoot forward on chair, extend one leg, alternate.</b></p> <p><i>Option: Pulse each leg forward and back or alternate X8</i></p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> <li>➤ Quadriceps</li> <li>➤ Lengthens hamstrings</li> </ul> <ul style="list-style-type: none"> <li>• Knee extension</li> <li>• Range of motion</li> <li>• Walking</li> <li>• Standing</li> </ul>
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**Remove board. Ready for seated stretch to enhance flexibility.**