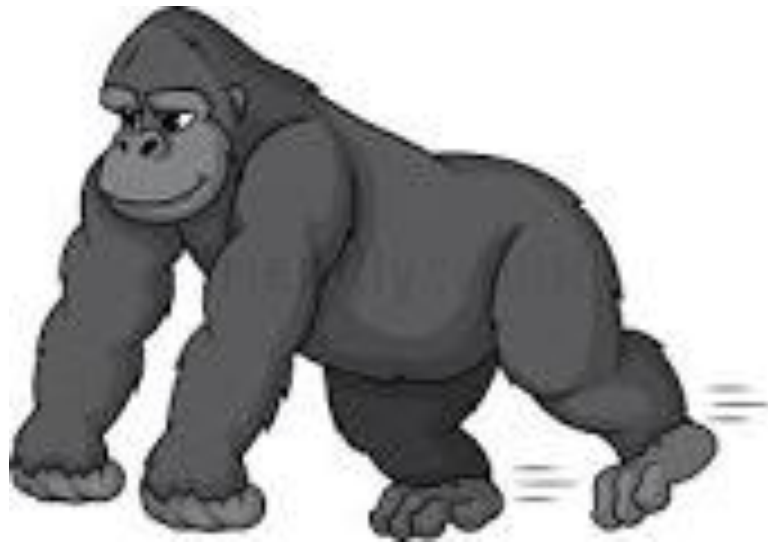


# Moving & Grooving with Erin



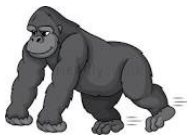
## GORILLA SHUFFLE



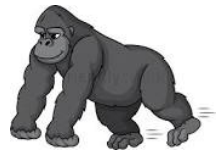
**AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Greater Akron*



# Beginner Gorilla Shuffle



- Spread your legs more than shoulder width apart with your toes slightly angled away from your body. Then squat down so that your knee is at a 45-degree angle. Make sure you keep your chest up when you squat down. Once you are down in your squatted position, begin to take small, lateral steps. Start by taking 2 steps to the left and then 2 steps to the right. Repeat the movement 3 times.



Start with legs spread wide & toes angled out



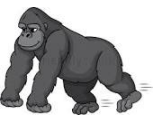
Squat down to 45-degrees



Take 2 lateral steps to the left



Take 2 lateral steps to the right & then repeat the action



# Intermediate Gorilla Shuffle



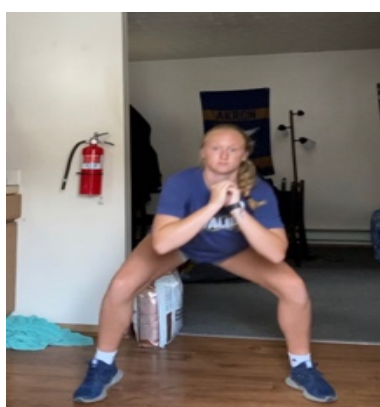
- Spread your legs more than shoulder width apart with your toes slightly angled away from your body. Then squat down so that your knee is at a 90-degree angle. Make sure you keep your chest up when you squat down. Once you are down in your squatted position, begin to take small, lateral steps. Start by taking 2 steps to the left and then 2 steps to the right. Repeat the movement 3 times.



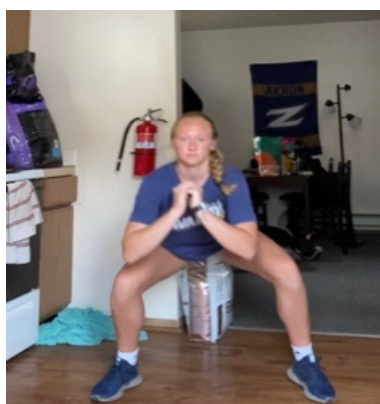
Start with legs spread wide & toes angled out



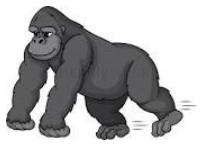
Squat down to 90-degrees



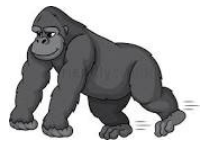
Take 2 lateral steps to the left



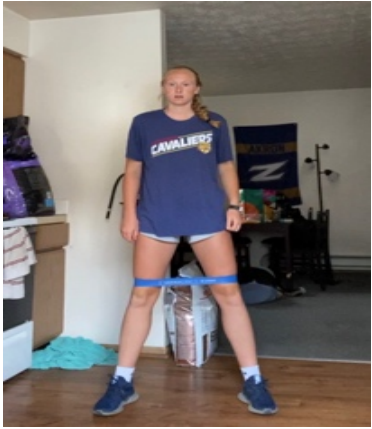
Take 2 lateral steps to the right & then repeat the action



# Advanced Gorilla Shuffle



- Same movement as intermediate but add a band for resistance. Repeat movement 3 times.



Put a band around your legs just above the knees & start with legs spread wide & toes angled out



Squat down to 90-degrees



Take 2 lateral steps to the left



Take 2 lateral steps to the right & then repeat the action