

Movin & Groovin with Erin



FLAMINGO HOP



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



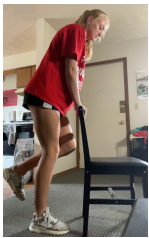
Beginner Flamingo Hop



Start standing shoulder width apart and support yourself with an object in front of you (like a chair). Lift your left leg so that you are only standing on your right leg. Then jump into the air and land back on your right leg. Do 5 jumps on your right leg. After 5 jumps, lowering your right leg and raise your left leg. Do 5 jumps on your left leg. Repeat this movement 3 times.



Start standing with chair in front of you



Raise left leg so you are only standing on your right leg



Jump & land on your right leg 5 times



Return to starting position



Raise right leg so you are only standing on your left leg



Jump & land on your left leg 5 times



Return to starting position
& repeat movement




Intermediate Flamingo Hop



The only different from beginner with this one is that you will not use an object to help balance. So, start standing shoulder width apart. Lift your left leg so that you are only standing on your right leg. Then jump into the air and land back on your right leg. Do 5 jumps on your right leg. After 5 jumps, lower your right leg and raise your left leg. Do 5 jumps on your left leg. Repeat this movement 3 times.



Start standing straight




Raise left leg so that you are only standing on your right leg



Jump & land on your right leg 5 times



Return to starting position



Raise right leg so that you are only standing on your left leg



Jump & land on your left leg 5 times



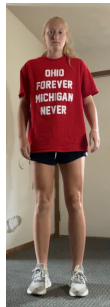
Return to starting position
& repeat movement



Advanced Flamingo Hop



Start standing shoulder width apart. Raise your left leg so that you are only standing on your right leg. When you jump you are going to switch legs so that your right leg is in the air and your left leg is on the ground. Repeat this movement 10 times total.



Start standing straight



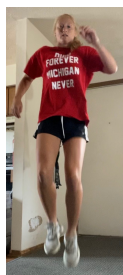
Raise left leg so you are only standing on your right leg



Jump into the air



Land on your left leg



Jump into the air



Land on your right leg & repeat movement