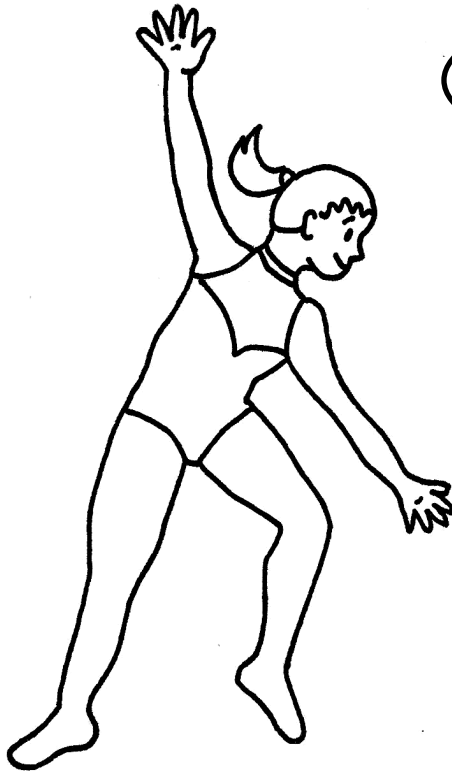
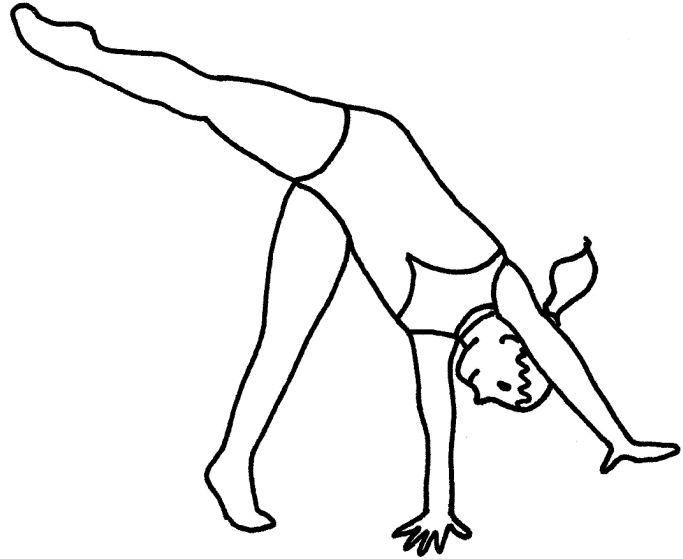


CARTWHEEL

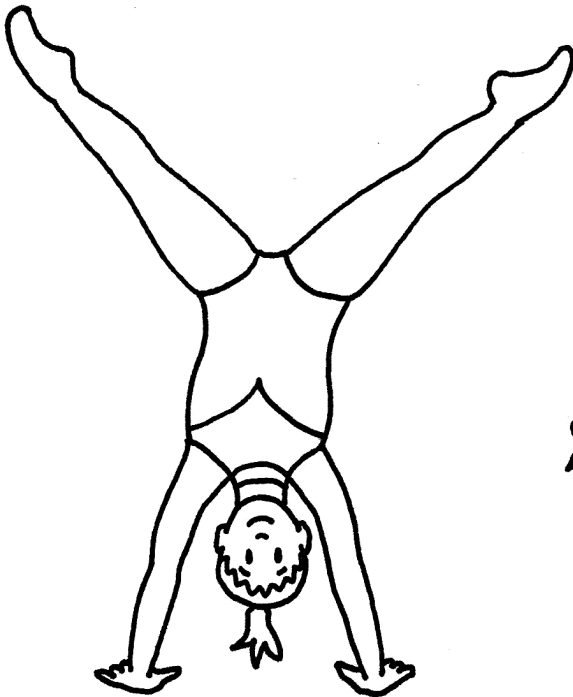
Colour the dancer performing her cartwheel...



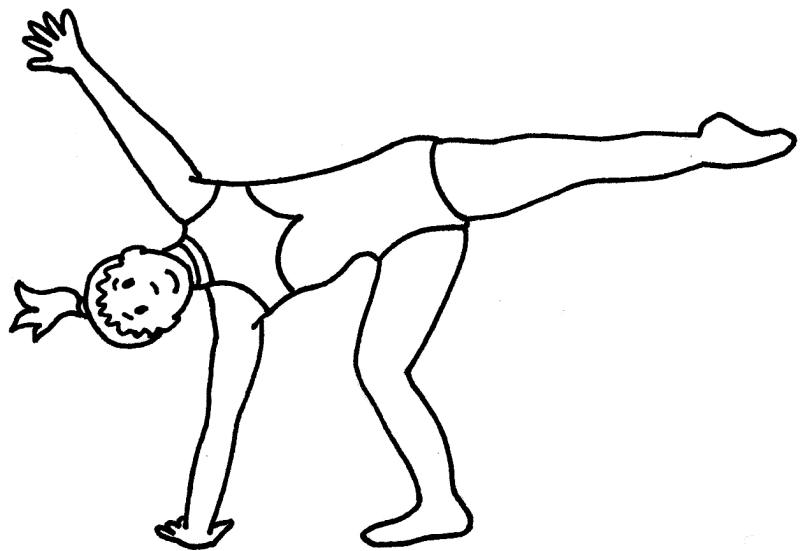
1. Stretch out your arms and leg with pointed foot



2. Push forward and reach hands to the floor



3. Stretch both legs up with pointed feet and strong arms



4. Land foot-foot with no twisting. Stretch up.

Now practice your own cartwheels! (And remember to point your toes!)