

Kevin's Puzzle of the Week

Show Me Your Moves



These dancing men have a few different routines planned.



Begin in fourth position. Lift up your right arm to match your left. Now straighten both legs, lifting the left. Spin halfway around. Hold this position. Keeping your arms as they are, stand on your right leg and bend the left. Finally, return to the previous position.

Start in the ninth position. Bring your arms to your sides and bend your right leg. Return to the starting position. While lifting your left leg, place your hand on your left hip. Stretch your arms out and do a cartwheel. After finishing your cartwheel, return to the previous position, but place your hand on the opposite hip. Then return again to the initial position. The routine ends with a headstand, supported with the left arm.

Begin with position seven. Then return to your feet, placing your hand on your left hip. Now move that hand to point upwards, holding the rest of your body still. While bending your supporting leg, bring your right arm down to your side. From there, snap your legs together, bringing your hand back to its previous position. Then bend your right leg to take a step. Then a step to the left, complete with your left hand returning to your hip. Return to your starting position. Finally, complete your flip, and extend your remaining hand.

For this routine, begin in eighth position. Place your right hand on your hip. Next, do a star jump. Flip yourself over, placing your right hand behind your back. Flip again, this time with all four limbs bent. As you continue flipping, straighten your arms and legs. Finally, finish up your flip with your right leg pointing straight out. From that position, slowly bend your leg and bring it down. Now raise up your left leg until it points to the side. Use this leverage to drive yourself into another flip, taking the same position as in your first time. Land the flip with your legs together and your arms splayed. Continue to rotate, ending completely inverted, with all limbs splayed.