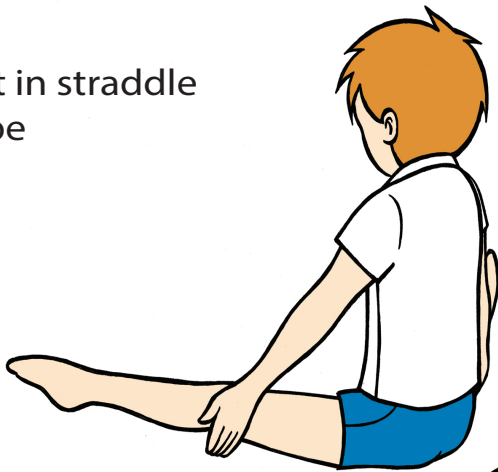
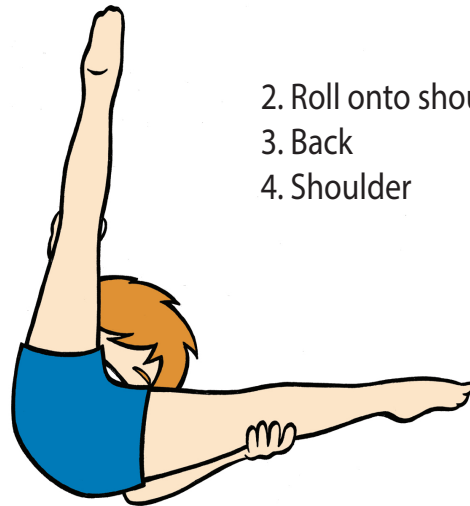


Teddy Bear Roll

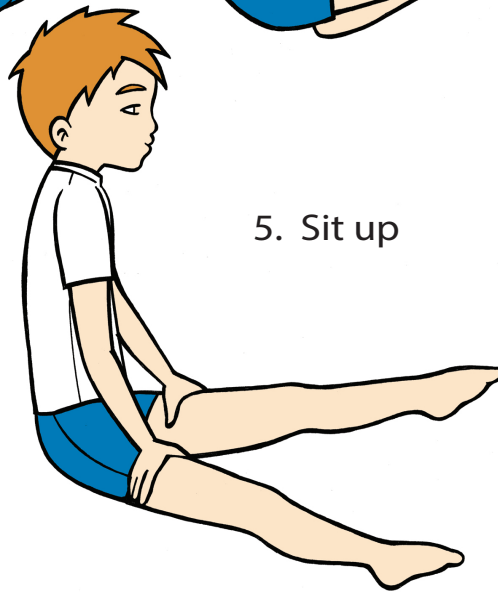
1. Start in straddle shape



2. Roll onto shoulder
3. Back
4. Shoulder



5. Sit up



Step 1: Sit in straddle shape - hands on back of knees

Step 2: Roll sideways onto right shoulder, lifting left leg up

Step 3: Roll onto your back - Legs straddle shape in the air

Step 4: Roll from back onto your left shoulder

Step 5: Push left leg toward the floor and sit up into straddle shape

Step 6: Repeat again