

3 (19) A vos marques

SUGGESTED ACTIONS

Standing up

Marche, *Walk*

Saute, *Jump*

Tourne, *Turn around*

Danse, *Dance*

Cours *Run on the spot*

Tout, tout doucement (x3) *Finger on lips or hand gesture to slow people down*

Vite ... *run very fast on the spot*

