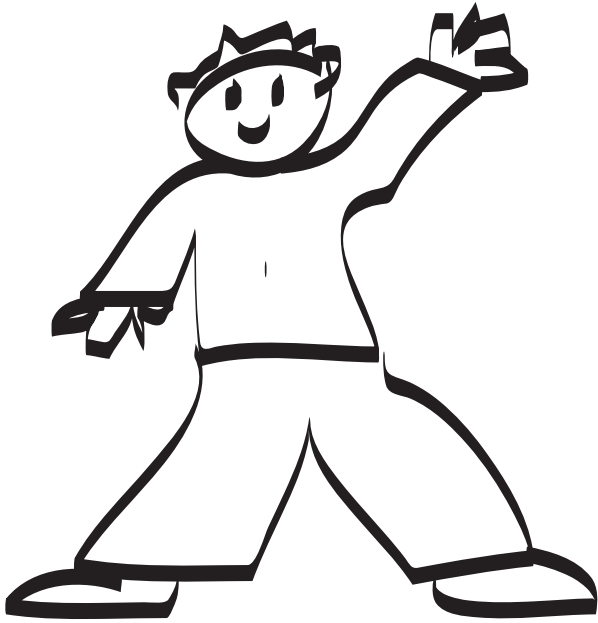
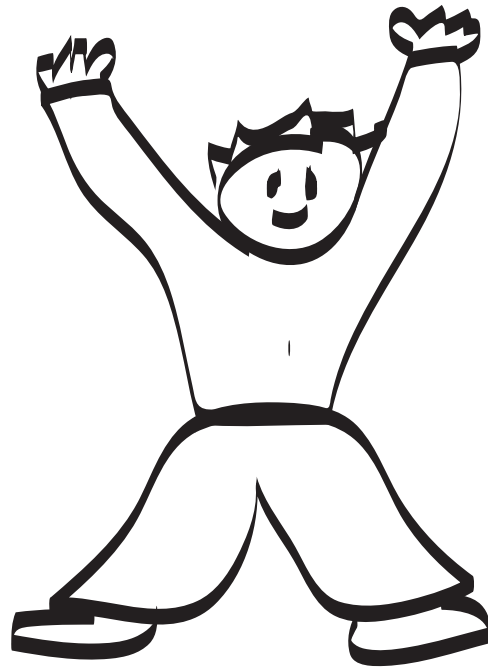


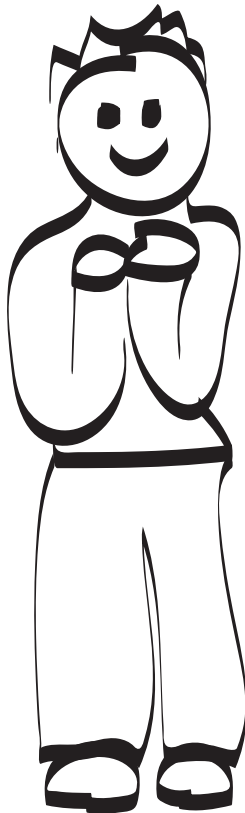
DRAW OUT THE LETTERS OF THE WORD FLEGGYBOBS ONTO A4 PAPER. START THE DANCE WITH EACH PERSON HOLDING ONE OR TWO LETTERS AND SHOUT OUT 'GIVE ME AN F, GIVE ME AN L, GIVE ME AN E, AND SO ON UNTIL YOU HAVE SPELT OUT THE WHOLE WORD. THEN SHOUT OUT 'WHAT HAVE YOU GOT ..FLEGGYBOBS!' THEN DO THIS DANCE TO THE CHORUS OF 'FLEGGYBOBS EVERYWHERE' WHICH CAN BE DOWNLOADED FROM [www.fleggybobs.com](http://www.fleggybobs.com)



Step 1  
With your feet appart put your right hand in the air to the first 'Fleggybobs' in the chorus.



Step 2  
Put your left hand up to the second 'Fleggybobs' in the chorus.



Step 3  
On the third 'Fleggybobs' in the chorus jump and bring your feet, elbows and fists together.



Step 4  
There are three beats to the last word in the chorus ev-ry-where. With your arms and feet still together jump in a circle to the three beats. First to the left, then the back, then the right. Now do it all again!