

ALL TOGETHER NOW **ACTIVITY SHEET**

Drag Aerobics

with Dolly Trolley – open to all



Show off
your
manicure

Straight box steps
with same arm as
leg camp hands



Dragged out
box step

crossed box steps
with vogue arms



Check your
makeup
lunges

Side to side lunges
with crossed in front
arm



Feel yourself
wiggles

side steps with hip
wiggles bringing
arms up the body-
ody-ody



Mash the potato

Bop the hip and pump the fist - we don't mind lumpy mash!



Sexy hip & whack it

Side to side bum and hips, hands on hips then in the air



Diva hops

Hops on one leg bringing the other up and down with the arm



Point and roll

leading with the chest and ending with a firm bottom



The Drag Aerobics PLAYLIST:

Call on me - eric prydz
 I'm so excited - the pointer sisters
 Tragedy - steps
 It's raining men - the weather girls
 Rain on me (with ariana grande) - lady gaga
 firestarter - the prodigy
 physical - Dua lipa
 Boys - lizzo
 Where have you been - rihanna

9 to 5 (love to infinity radio mix) - dolly parton
 Doctor jones - aqua
 womanizer - britney spears
 You think you're a man 7" mix - divine
 voulez-vous - abba
 Shake it off - taylor swift
 Proud mary - tina turner

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