

FIT Chick

# Shake It & Move!

★ Fit Chick Line Dancing ★

Fun, Fitness & Positive Energy for Everyone



# **Shake It & Move: Fit Chick Line Dancing Guide**

**Welcome To Shake It & Move!**

**Get ready to have fun, move  
your body, and feel energized  
with  
Fit Chick's line dancing guide.  
Whether you're a beginner or  
experienced, this guide will help  
you dance, burn calories, and  
boost your energy.**

# **Why Line Dancing?**

**Line dancing isn't just fun  
it's also:**

- 1. A full-body workout**
- 2. Improves balance and coordination**
- 3. Perfect for all ages and fitness levels**
- 4. A way to connect with friends and family**

# Warm-Up Moves

**Start each session with these simple warm-up moves:**

- 1. Step Touch: step side to side with arm swings, 1–2 minutes**
- 2. Shoulder Rolls: forward and backward, 10 each**
- 3. Knee Lifts: 10–15 each leg**
- 4. Heel Taps: forward, side, back, 1–2 minutes**

# **Beginner Line Dancing Routine**

- 1. Grapevine Step: step right, step behind, step right, touch left**
- 2. Step Forward & Back: step forward with right, back with left, repeat**
- 3. Side Tap Combo: step side, tap, step side, tap, add arm movements**

**Tip:**

**Move to the beat and keep it fun!**

# Motivation & Energy Boosts

1. **Play music that makes you feel good**
2. **Invite a friend to join line dancing is more fun together**
3. **Remember: every move counts toward fitness and energy goals**
4. **Pair with Fit Chick Energy Jars for extra motivation**

**Join The Fun At Fit Chick Now!**

- 1. Try the Shake It Line Dancing class soon**
- 2. Follow us for updates and giveaways**
- 3. Grab your Fit Chick Energy Jar to bring positive vibes into every step**