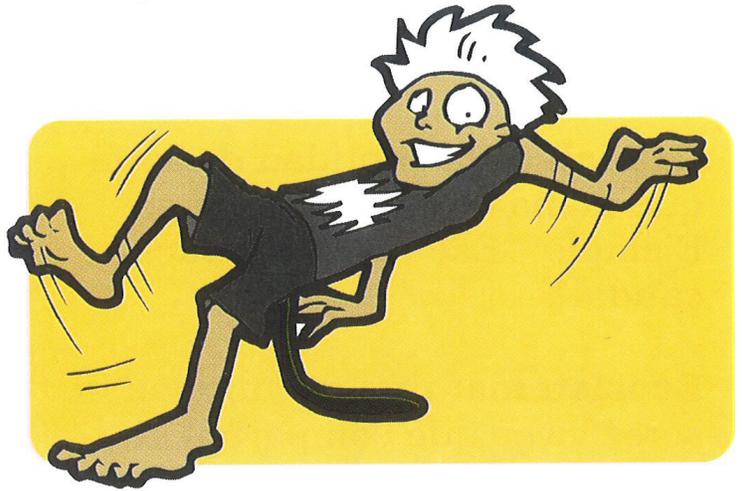


LEARN THE COTTON-TOP DANCE!

This dance is easy to learn and fun too! Learn the four dance moves below and then share with your family and friends! Follow the link below to see how kids in Colombia are sharing their love of cotton-tops through this upbeat dance!



STEP 1: Lay on the floor and kick your legs back and forth in the air.



STEP 2: Do a backwards "crab walk."



STEP 3: Now stand up and pretend like you're grabbing a tree branch in front of you. Just like a cotton-top moving through the trees!



STEP 4: Move back and forth while scratching your head and belly!

