

How to do The Floss Dance

1. Piece Of Clothing
2. Part Of Body
3. Part Of Body
4. Verb Base Form
5. Part Of Body
6. Verb Base Form
7. Noun Plural
8. Verb Base Form
9. Noun Plural

How to do The Floss Dance

- 1) Put on some music
- 2) Put on a Piece of Clothing (optional)
- 3) Stand with your Part of Body ever so slightly bent
- 4) Put your hands in fists
- 5) Place your Part of Body , relaxed, at the side of your body
- 6) Begin to Verb Base Form your Part of Body left and right around your torso in the opposite direction to your hips
- 7) Keep doing it and increase speed and Verb Base Form Noun Plural occasionally for effect

After building confidence, you can also Verb Base Form Noun Plural with your arms if desired, but this is not mandatory.