

A New Dance Craze: The Floss

Lots of children around the world love the cool dance known as The Floss.

Where Did The Floss Come From?

The Floss was made up by a schoolboy known as The Backpack Kid. He made a video of himself doing a new dance called The Floss in 2016.

Soon, lots of people were watching it. Children around the world started to copy him. The Backpack Kid event went on TV to show off his new dance move.

Who Has Been Doing The Floss?

Lots of people have made their own videos of themselves doing The Floss. Even football players and pop singers have been seen doing The Floss.

How to Do The Floss

Follow these steps to do The Floss and wow all of your friends:

- 1 Make your hands into two fists in front of you.
- 2 Move both of your arms to one side.
- 3 Swing your hips to the other side.
- 4 Swap your arms and hips over. Put one of your arms behind your back when you do this.
- 5 Swap them back again.
- 6 Move your arms to the other side.
- 7 Push your arms back again with one in front of you and one behind you.
- 8 Bring your arms back to the front and swap sides again.
- 9 Keep swapping your arms and your hips over.
- 10 Try to get faster each time.

