



Dance Movements

The Only Race

Song Lyrics

Dance Movements

The only race

Show one raised index finger

Is the human race

Put both hands over your heart, one on top of the other

The only race

REPEAT THE PREVIOUS

Is the human race

TWO GESTURES

Ooh, Ooh

The only race

Show one raised index finger

Is the human race

Put both hands over your heart, one on top of the other

The only race

REPEAT THE PREVIOUS

Is the human race

TWO GESTURES

Ooh, Ooh

My race,

Point to your chest with an index finger

your race

Point forward with an index finger

What does that mean?

With palms pointing upward, open your arms towards the sides and shrug your shoulders

She could be blue

Extend one arm to the side and point with an index finger

And he could be green.

Extend the other arm to the other side and point with an index finger

A face

Trace around the outline of your face with your index fingers

is just a face.

REPEAT THE PREVIOUS GESTURE

We ´re from here

With one hand in front of your chest, point to the floor rhythmically with your index finger

And they ´re from there.

With the same hand, point the side with your arm raised 45 degrees

Don ´t we all breathe

Open your arms slowly in a horizontal circle

The very same air?

Take a deep breath of air, with your hands at hip level, palms up, and lift them as you breathe in

Inside we ´re the same.

With both index fingers, trace a giant heart over your entire torso