



## Dance Movements



## At The Beach

### Song Lyrics

What ´s this?

What ´s this?

It ´s a shell.

It ´s a shell.

What ´s that?

What ´s that?

It ´s a crab.

It ´s a crab.

What ´s this?

What ´s this?

It ´s a fish.

It ´s a fish.

What ´s that?

What ´s that?

It ´s a whale.

A whale!!!

### Dance Movements

Pretend to cup a small shell in the palm of your hand (don't hold it with your fingers) and rhythmically point at it with your other index finger

Hide in a "shell": rest the palms of your hands on your head, fingers pointing back and arms bent, and duck your head down

Point down rhythmically at the floor, slightly in front of you

Repeat the gesture

Stretch your arms forward and "pinch" the air rhythmically

Catch a fish (around 1520 cm.) with one hand and hold it up to your face as your study it

"Swim": start with your arms in front of your chest, palms out and "push water out of the way"

Point in front of you and look surprised

Repeat the gesture and look even more surprised

Start with your hands together above and slightly in front of your head and make a big circle with your arms

REPEAT THE GESTURE on the opposite wrist

Yawn opening your mouth very wide and stretch your arms in a circle upward and then to the sides