



Dance Movements



Dancing Dinos

Song Lyrics

A dinosaur

family

Is dancing in

my bedroom

A dinosaur

family

Sister, uncle, aunt

Brother, Mom and Dad

Dancing dinos

Dancing dinosaurs

Dancing dinos

Stomp your feet

On the floor

ROAR!

Dance Movements

Put your arms over the shoulders of two imaginary dinosaurs, one on each side

Without lowering your arms, look smilingly at one dinosaur, then the other

Dance any way you want (but not like a dinosaur yet, as we want to emphasize “dancing”, not “dinosaur”)

Put the palms of both hands together, lean your head to one side and rest it on your joined hands

Put your arms over the shoulders of two imaginary dinosaurs, one on each side

Without lowering your arms, look smilingly at one dinosaur, then the other

Starting with one arm extended out to the side, point to the six family members as if they were in a semicircle in front of you

Like an enormous dinosaur, raise your “claws” high in the air and lift your feet up rhythmically... but don't stomp your feet yet!

Keep dancing like a dinosaur, but really stomp your feet

Now ROAR like a dinosaur!