



## Dance Movements



# Slide

### Song Lyrics

Slide to the left

Slide to the right

Step to the left and

Step to the right you just

Slide to the left

Slide to the right

Hop to the left and

Hop to the right and then

Hop forward and

Get ready!

Go!

Jump up

Put your feet down

And then shake yourself

And then turn around

Jump up

Put your feet down

And then shake yourself

And then turn

Slowly now

Slowly now

### Dance Movements

Slide two steps to the left (without lifting your feet from the floor)

Slide two steps to the right

Take two steps to the left (picking up your feet)

Take two steps to the right

Slide two steps to the left

Slide two steps to the right

Hop to the left 3 times (hopping with both feet)

Hop to the right 3 times

Hop forward 3 times

Hold up a wrist and point to your wristwatch with an index finger

Jab your index finger in the air, as if to start a race

Jump up and down 4 times

Stomp on the floor 4 times, alternating your feet

Shake your whole body

Turn around one time in a circle

Jump up and down 4 times

Stomp on the floor 4 times, alternating your feet

Shake your whole body

Begin turning slowly in a circle

Keep turning slowly

Gradually slow your turning till you stop