



Dance Movements

Jump and Run

Song Lyrics

Raise one arm in the air
Raise two arms in the air

And wave

Wave your arms
Wave your arms
Wave your arms

Nod your head side to side
Nod your head side to side

And turn

Turn around
Turn around
Turn around and

Jump, jump, jump
Everyone jump
Let´s all jump

Run, Run, Run

Everyone run
Let´s all run

Faster and faster

Everybody walk

Walk, walk

Stop!

Dance Movements

-Raise an arm (but don´t wave it)

-Keep the first arm up and raise the other one (don´t wave them yet!)

-Wave your arms from one side to the other to say hello

-Keep waving

-Move your head from side to side

-Keep moving your head

-Start turning around slowly

-Keep turning

-Jump rhythmically (jump 8 times until you start singing "Run")

-Run in place

-Keep running

-Run as fast as you can!

-Walk

-Keep walking

-Stop!