



Dance Movements



Take a Step

Song Lyrics

Take a step
forward And
a step
backward And
nod up and down
Take a step
forward And
a step
backward And
bounce up and down
Hands down low
Hands up high
Close them,
open them
Point to the sides
Hands down low
Hands up high
Close them, open them
Point to the sides
Jumping up and down
Turning round and round
Stomping on the ground
Stop and look around
Jumping up and down
Turning round and round
Stomping on the ground
Stop and look around
Look up,
Look down
Look around

Dance Movements

Step forward with one foot (but not the other foot)
Step forward with the other foot
Step backward with one foot
Step backward with the other foot
Nod rhythmically
Step forward with one foot (but not the other foot)
Step forward with the other foot
Step backward with one foot
Step backward with the other foot
Bounce up and down (without jumping)
Reach your arms down, hands open, palms facing back
Reach your arms up, hands open, palms facing forward
Keep your arms up and make two fists
Open your fists
Bring your arms down to your shoulders and point your index fingers to the sides
REPEAT
THE GESTURES
FROM THE PREVIOUS
VERSE
Keep your arms stretched out to the sides at shoulder height and jump rhythmically
Turn around
Stomp the floor rhythmically
Stop moving your feet as you place a hand above your eyebrow and look around
REPEAT
THE GESTURES
FROM THE PREVIOUS
VERSE
Keep your hand above your eyebrows and look up
Keep your hand above your eyebrows and look down
Keep your hand above your eyebrows and look around from side to side