



Dance Movements



Come Inside

Song Lyrics

Come inside

Come inside

Come on, everybody

Come inside

Come inside

Come on, everybody

Welcome to my home

Welcome to my home

Come inside

I'm glad to

see

you

Take a bath in the bathroom

Have a bun in the kitchen

Take a nap in the bedroom

Come inside

Take a bath in the bathroom

Have a bun in the kitchen

Take a nap in the bedroom

Come inside

Dance with Mom

Dance with Dad

Dance with the dog!

Dance with the dog?!

Dance Movements

-“Invite” others in: bend your arm with your palm facing in and then move your hand rhythmically towards yourself

-Repeat the gesture

-Stretch out your arms with palms facing each other, almost touching, and then open them to the sides

-Repeat all

3 gestures

above

-Make the “welcome” sign: stretch your arm forward with your hand perpendicular to the ground and open it out as you move your body in the same direction and tilt your head down

-Repeat the gesture with the other arm in the other direction

-“Invite” others in: bend your arm with your palm facing in and then move your hand towards yourself

-Show two thumbs up and smile

-Touch your eyes with your index fingers

-Point your index fingers forward

-Rub an arm with the opposite hand

-Pick up a large bun with both hands and take a big bite

-Put your palms together and lean your head to one side to rest your head on them

-“Invite” others in: bend your arm with your palm facing in and then move your hand towards yourself

-Repeat all 4 gestures

from the previous

section

-Turn right and dance with mom

-Turn left and dance with dad

-Bend down and put your hands at knee height to dance with your dog. We're dancing with a small dog (not with a Great Dane!): he barely reaches our knees although he's “standing” on his hind legs

-Dance away!