



Dance Movements



I Get Rocking

Song Lyrics

Sometimes I have
days when nothing's
right

Sometimes I see
people fuss and
fight

Life knocks me

down, but then
I get back

up again
I sing,
I dance
I don't stop

I

get
up and rock again
I get rocking
I'm not stopping

Feet on the ground

All over town

I grab a guitar
Now I'm a rock star
I'm on a roll
Life is a show

Dance Movements

Point to yourself with your index fingers at chest height
Open your arms to the sides, palms up
Keep your arms stretched out to the sides and point
downwards rhythmically with your thumbs

Point to your eyes with your index fingers
Make a frown and move your hands like you're arguing
Make a mean face and hold your fist up by one side of
your head

Point to yourself rhythmically with your index fingers at
chest height

Point to the floor rhythmically with your index fingers
Point to yourself rhythmically with your index fingers at
chest height

Point up rhythmically with your index fingers

Hold a microphone and sing

Dance freestyle

Stretch your arm out, raise your index finger and move it
from side to side (to say no)

Point to yourself with your index fingers at chest
height

Raise your arms and point up with your index fingers

Point upwards rhythmically like in a rock concert

Repeat previous gesture as you jump up and down

Keep jumping and point as you cross and uncross your
arms to the beat making an "X"

Stomp the floor and point to your feet with your index
fingers

Stretch your arm out to one side and draw a semicircle in
front of you

Play air guitar

Hold a microphone and pretend to sing

Do the "windmill" at chest height with your fists in balls

Throw your arms open to the sides like a rock star