



Dance Movements



Hey, Bully!

Song Lyrics

Dance Movements

There ´s a bully walking the halls	-Strut back and forth, chest out, showing off how strong you are
And he thinks he ´s ten feet tall	-Stretch your arm up as high as you can, hand open, palm facing down
He talks so tough	-Look tough and flex your biceps like a bodybuilder
He looks so cool	-Flick your lapels
He thinks he rules the school	-Stretch your arm out at shoulder height and hold a scepter, like a king or queen
He ´s got words that cut like a knife	-Show an open palm and slice it rhythmically with the other hand perpendicular to your open palm, like a knife
He thinks might is stronger than right	-Show a fist
But just because you ´re strong, it doesn ´t mean you ´re right	-Touch your temples with your index fingers
Just because you ´re mad, it doesn ´t mean you fight	-Flex your biceps like a bodybuilder
Now we ´ve got something to say	-Touch your temples with your index fingers
Hey bully,	-Look angry
Walk away	-Ball your fists and punch forward with both hands, like a boxer
From negative words	-Point to yourself rhythmically with both hands at chest height
And negative ways	-Place your hands around your mouth making a circular "megaphone"
Hey bully,	-Hold one hand up to your shoulder, palm facing back and point to the side with your thumb, moving it rhythmically
Get a clue	-Point to your mouth
Try to put yourself in our shoes	-Palms facing out, point to the floor with your thumbs rhythmically
We ´re so tired of you	-Place your hands around your mouth making a circular "megaphone"
You ´re just a bully,	-Touch your temple rhythmically with your index finger
Bully, bully	-Point forward with both index fingers rhythmically
Bully, bully	-Point to your shoes rhythmically
	-"Yawn" excessively, tapping your mouth with your hand
	- Place your hands around your mouth making a circular "megaphone"
	-REPEAT THE PREVIOUS GESTURE
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