



Dance Movements



What Do You Want To Do?

Song Lyrics

What do you want to

do?

Sing? Or

swim in the pool?

What do you want to

do?

Go biking or

horseriding?

I want to walk in the woods

I want to drive in my car

I want to swim in the pool

Come with me

Dance Movements

Point forward rhythmically with your index finger

Palms up, open your arms to the sides without stretching them completely

Hold a microphone and sing

Swim with your arms

Point forward rhythmically with your index finger

Palms up, open your arms to the sides without stretching them completely

Hold a handlebar with both hands and pedal on your bike

Close your fists and put your hands together to hold the reins of a horse and trot slowly

Walk in place

Turn the steering wheel in your car

Swim with your hands

"Invite" others to join you: curve your arm in front of you, palm facing in, then move your hand towards you several times