



Dance Movements



The Seasons

Song Lyrics

Winter is cold

Brrr!

Summer is hot

Phew!

In autumn the leaves

Swish!

In spring the flowers

Aaaaaaahhhhh!

Dance Movements

No gesture

Cross your arms over your chest, and rub them with your hands

No gesture

Wipe the sweat off your forehead

No gesture

Lift your arms straight above your head, then slowly bring them down as you wiggle your fingers (like rain)

No gesture

With a big smile and your arms together above your head, open your arms slowly to the sides