



## Dance Movements



## THE TRAIN

### Song Lyrics

Train, train, train, train

train, train, train

The train is long

Longer than a slide.

The train is fast

Faster than a fly.

Come to the station

And take that train

To Utah,

Iowa,

Florida or

Maine.

### Dance Movements

Each time you sing "train," raise a fist in the air and pull down rhythmically on the cord of an old train whistle

With palms facing inward, stretch your arms out to the sides

Starting at head height, palm facing diagonally downward, trace a diagonal line downward, from side to side in front of you

Run in place

Hold a fly between your thumb and your index finger, with your other fingers raised, and move it quickly from one side to the other (but not too quickly!)

Bend your arm with your palm facing in and then move your hand rhythmically towards yourself

Raise a fist in the air and pull down rhythmically on the cord of an old train whistle

Show one finger

Show two fingers

Show three fingers

Show four fingers