

Wake Up Wiggles

Counts	Lyrics	Choreography
1-8	<i>Clap your hands to the beat of this band, wanna hear you clap your hands</i>	Clap hands 4 times (on counts 2, 4, 6, 8)
1-8	<i>Step to the right then step to the left, yeah we're getting ready to dance</i>	Step to the right and together Step to the left and together
1-8	<i>Then march, gotta lift up your knees, so let's march,</i>	March knees up really high - 4 big marches
1-8	<i>wave your hands in the breeze and now</i>	March knees up really high - 4 big marches
1-8	<i>Twist, get silly with it, twist, get silly with it,</i>	Twist feet - lift one leg and twist
1-8	<i>twist get silly with it, freeze</i>	Twist feet - lift one leg and twist Freeze!
1-8	<i>Wake up wake up, gotta wake up our bodies now</i>	Nod head yes 4 times
1-8	<i>Shake up shake up, all the energy that</i>	Shake head no 4 times
1-8	<i>you've got inside,</i>	Shrug shoulders 4 times
1-8	<i>yeah you don't have to hide</i>	Shrug shoulders 4 times
1-8	<i>Wake up wake up, can you show me your favorite moves and</i>	Hips shake RLRL
1-8	<i>Shake up shake up, all the energy ready to</i>	Hips shake RLRL
1-8	<i>come out,</i>	Hands to knees - open knees out and in cross ams Open knees out and in cross arms
1-8	<i>that's what it's all about</i>	Kick step 4 times
1-8	<i>Throw your hands up and throw your hands down,</i>	Hands throw up Hands throw down
1-8	<i>let your hips move all around</i>	Hula hoop hips
1-8	<i>Hop to the front then hop to the back,</i>	Hop front Hop back
1-8	<i>yeah we're hopping to the sound</i>	Wiggle hips

1-8	<i>Then clap, put your hands together</i>	Clap hands 4 times (on counts 2, 4, 6, 8)
1-8	<i>and clap, no matter the weather and</i>	Clap hands 4 times (on counts 2, 4, 6, 8)
1-8	<i>Twist, get silly with it, twist, get silly with it,</i>	Twist feet - lift one leg and twist
1-8	<i>twist get silly with it, freeze</i>	Twist feet - lift one leg and twist Freeze!
1-8	<i>Wake up wake up, can you show me your favorite moves and</i>	Hips shake RLRL
1-8	<i>Shake up shake up, all the energy ready to</i>	Hips shake RLRL
1-8	<i>come out,</i>	Hands to knees - open knees out and in cross arms Open knees out and in cross arms
1-8	<i>that's what it's all about</i>	Kick step 4 times
1-8	<i>Reach up to the sky,</i>	Reach up to the sky with both hands - rise up on your toes
1-8	<i>reach down and touch your toes</i>	Bend over and touch your toes
1-8	<i>Let's all wave goodbye</i>	Reach up to the sky with both hands - rise up on your toes
1-8	<i>'cuz we're warmed up and it shows!</i>	Bend over and touch your toes
1-8	<i>Reach up to the sky,</i>	Jump - arms reaching up - 4 times
1-8	<i>reach down and touch your toes</i>	Crouch down and bounce 4 times
1-8	<i>Let's all wave goodbye</i>	Jump - arms reaching up - 4 times
1-8	<i>'cuz we're warmed up and it shows!</i>	Crouch down and bounce 4 times