



Bubblegum Body Rock

Counts	Lyrics	Choreography
1-8	<i>Music Intro</i>	Feet together - hands on thighs - bounce 4 times
1-8	<i>Music Intro</i>	Feet together - hands on thighs - bounce 4 times
1-8	<i>Hey there, do you like bubblegum?</i>	Bounce 4 times and chew up your bubblegum
1-8	<i>Want to do a bubblegum dance? Let's try it!</i>	Bounce 4 times and chew up your bubblegum
1-8	<i>Reach your right arm up Grab your bubblegum</i>	Reach right arm up into an X - step with right foot (1-2) Reach left arm up into an X - step with left foot (3-4) Reach right arm down into a low X - step with right foot (5-6) Reach left arm down into a low X - step with left foot (7-8)
1-8	<i>Now chew it hard as you can</i>	Prance 4 times RLRL (1-4) Jump out (5) jump in (6) and clap (7) hold (8)
1-8	<i>Reach your left arm up Pop your bubblegum</i>	Reach right arm up into an X - step with right foot (1-2) Reach left arm up into an X - step with left foot (3-4) Reach right arm down into a low X - step with right foot (5-6) Reach left arm down into a low X - step with left foot (7-8)
1-8	<i>Now do the bubblegum dance</i>	Prance 4 times RLRL (1-4) Jump out (5) jump in (6) and clap (7) hold (8)
1-8	<i>Jump up and down</i>	Twist feet and knees RLRLRLRL with bounces Arms open out and up (1-4) and down (5-8)
1-8	<i>And all around</i>	Twist feet and knees RLRLRLRL with bounces Arms open out and up (1-4) and down (5-8)
1-8	<i>Bounce low and high</i>	Feet together - hands on thighs - bounce 4 times
1-8	<i>With your hands on both your thighs</i>	Feet together - hands on thighs - bounce 4 times

1-8	<i>Bounce Bounce, Tick Tock It's the bubblegum rock</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	<i>And we're marching while we swing and we sway</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	Rock right, rock left Blow a bubble, deep breath	Prance RLRLRLRL
1-8	<i>Then you pop it with your finger, okay</i>	Feet together - hands on thighs Bounce 2 times and clap hold 4 Bounce 2 times and clap hold 8
1-8	<i>It's a bubblegum day</i>	Shake it out - Twist feet and knees RLRLRLRL with bounces
1-8	<i>Reach your right arm up Grab your bubblegum</i>	Reach right arm up into an X - step with right foot (1-2) Reach left arm up into an X - step with left foot (3-4) Reach right arm down into a low X - step with right foot (5-6) Reach left arm down into a low X - step with left foot (7-8)
1-8	<i>Now chew it hard as you can</i>	Prance 4 times RLRL (1-4) Jump out (5) jump in (6) and clap (7) hold (8)
1-8	<i>Reach your left arm up Pop your bubblegum</i>	Reach right arm up into an X - step with right foot (1-2) Reach left arm up into an X - step with left foot (3-4) Reach right arm down into a low X - step with right foot (5-6) Reach left arm down into a low X - step with left foot (7-8)
1-8	<i>Now do the bubblegum dance</i>	Prance 4 times RLRL (1-4) Jump out (5) jump in (6) and clap (7) hold (8)
1-8	<i>Jump up and down</i>	Twist feet and knees RLRLRLRL with bounces Arms open out and up (1-4) and down (5-8)
1-8	<i>And all around</i>	Twist feet and knees RLRLRLRL with bounces Arms open out and up (1-4) and down (5-8)
1-8	<i>Bounce low and high</i>	Feet together - hands on thighs - bounce 4 times
1-8	<i>With your hands on both your thighs</i>	Feet together - hands on thighs - bounce 4 times

1-8	<i>Bounce Bounce, Tick Tock It's the bubblegum rock</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	<i>And we're marching while we swing and we sway</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	Rock right, rock left Blow a bubble, deep breath	Prance RLRLRLRL
1-8	<i>Then you pop it with your finger, okay</i>	Feet together - hands on thighs Bounce 2 times and clap hold 4 Bounce 2 times and clap hold 8
1-8	<i>Bounce Bounce, Tick Tock It's the bubblegum rock</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	<i>And we're marching while we swing and we sway</i>	To the right: Step together step jump - fist push up, down, up clap To the left: Step together step jump - fist push up, down, up clap
1-8	Rock right, rock left Blow a bubble, deep breath	Prance RLRLRLRL
1-8	<i>Then you pop it with your finger, okay</i>	Feet together - hands on thighs Bounce 2 times and clap hold 4 Bounce 2 times and clap hold 8
1-8	<i>It's a bubblegum day Now fall to the ground</i>	Shake it out - Twist feet and knees RLRLRLRL with bounces
1-8	<i>one deep breath in sigh it out</i>	Deep breath in - arms raise up Deep breath out - arms come down
1-8	<i>great job, friends!</i>	Fall to the ground - lay in a big X