



Move Your Body

Counts	Lyrics	Choreography
1-8	<i>Get ready</i>	Walk in place and bring arms up
1-8	<i>Everybody get ready Get ready</i>	Walk in place and bring arms up to the ceiling
1-8	<i>Everybody get up It's the move your body song</i>	Right arm reaches out and scoops in (1-4) Left arm reaches out and scoops in (5-8)
1-8	<i>Everybody get up It's the move your body song</i>	Right arm reaches out and scoops in (1-4) Left arm reaches out and scoops in (5-8)
1-8	<i>Step right Step left Step right Left</i>	Step right together Step left together Step right together Step left together
1-8	<i>Right Left Get ready to march</i>	Step right together Step left together Step right together Step left together
1-8	<i>March right, left, right, left, right, left, right, left,</i>	March RLRLRLRL
1-8	<i>right, left, right Now wave your hands</i>	March RLRLRLRL
1-8	<i>to the right Left Right, left,</i>	Feet wide - arms in an X - wave hands RLRL
1-8	<i>right, left Then do a little twist</i>	Feet wide - arms in an X - wave hands RLRL
1-8	<i>Do a little twist Do a little twist</i>	Twist
1-8	<i>Bend your knees and twist a little while</i>	Twist
1-8	<i>Now get a little silly Get a little wild</i>	Pointer fingers at temple roll them around Jump out on the word wild

1-8	<i>Time to get ready to dance freestyle</i>	Freestyle
1-8	<i>Let's dance</i>	Freestyle - or Skip around the room
1-8	<i>We are dancin' all together</i>	Freestyle - or Skip around the room
1-8	<i>We are friends forever</i>	Freestyle - or Skip around the room
1-8	<i>let's dance</i>	Freestyle - or Skip around the room
1-8	<i>Now let me see your hands Put your hands up Put your hands down</i>	Put hands up in the air Put hands down towards the ground
1-8	<i>Put your hands on your hips and move your hips around</i>	Put hands on hips Roll hips around
1-8	<i>Now let me see your hands Put your hands up Put your hands down</i>	Put hands up in the air Put hands down towards the ground
1-8	<i>Put your hands on your hips and move your hips around</i>	Put hands on hips Roll hips around
1-8	<i>Hop to the front Hop to the back</i>	Hop to the front (1-4) Hop to the back (5-8)
1-8	<i>Put your hands together go clap, clap, clap</i>	Put hands together (1-4) Clap 5,6,7 hold
1-8	<i>Hop to the front Hop to the back</i>	Hop to the front (1-4) Hop to the back (5-8)
1-8	<i>Put your hands together go clap, clap, clap</i>	Put hands together (1-4) Clap 5,6,7 hold
1-8	<i>Let's Dance. Freestyle dance! We are dancin' all together</i>	Freestyle - or monkey arms and bounce
1-8	<i>Put your hands together go clap, clap, clap</i>	Put hands together (1-4) Clap 5,6,7 hold
1-8	<i>We are friends forever let's dance</i>	Freestyle - or monkey arms and bounce
1-8	<i>Put your hands together go clap, clap, clap</i>	Put hands together (1-4) Clap 5,6,7 hold
1-8	<i>Freestyle dance! Let's dance</i>	Freestyle or Roll arms
1-8	<i>We are dancin' all together</i>	Freestyle or Roll arms
1-8	<i>We are friends forever let's dance</i>	Freestyle or Roll arms

1-8	<i>Let's Dance!</i>	Freestyle or Roll arms
1-8	<i>Now reach for the sky</i>	Reach up to the sky
1-8	<i>Reach down and touch your toes</i>	Reach down and touch your toes
1-8	<i>Take a seat cross your legs and put your hands in your lap</i>	Sit down and criss cross applesauce - put your hands in your lap
1-8	<i>'Cause that's how the move your body song goes</i>	Take a breath and freeze