



Thankful Tuesday

Counts	Lyrics	Choreography
1-8		Bounce 4 times
1-8	<i>Take a deep breath roll your shoulders down</i>	Roll shoulders back (1-4) Roll shoulders back (5-8)
1-8	<i>I'm thankful I have all these friends around</i>	Reach right hand out - hold neighbor's hand Reach left hand out - hold neighbor's hand Rock RLRL
1-8	<i>Bend your knees reach your arms overhead</i>	Bend knees 2 times Port de bras arms
1-8	<i>I'm thankful for my cozy bed</i>	Bend knees 2 times Hands together and placed by ear
1-8	<i>Clap your hands to the groove</i>	Clap 4 times
1-8	<i>We're thankful for our healthy bodies that move!</i>	Reach right hand out - hold neighbor's hand Reach left hand out - hold neighbor's hand Rock RLRL
1-8	<i>It's thankful Tuesday I'm thankful for the</i>	March forward RLRL Crouch down and bounce 4 times
1-8	<i>life I lead I'm thankful I have</i>	Jump out to an X - arms open and circle down Hands at heart - sway RLRL
1-8	<i>all I need I'm thankful for the</i>	March backward RLRL Crouch down and bounce 4 times
1-8	<i>sky above I'm thankful for the ones I love</i>	Jump out to an X - arms open and circle down Hands at heart - sway RLRL
1-8		Reach right hand out - hold neighbor's hand Reach left hand out - hold neighbor's hand Rock RLRL
1-8		Rock RLRL
1-8	<i>Leap up high, let me see you roam</i>	Jump up high Spin around
1-8	<i>I'm thankful for my family's home</i>	Hands make a triangle (home) overhead

		Rock RLRL
1-8	<i>Point your left toe and then your right</i>	Point left foot out front Point right foot out front
1-8	<i>We're thankful learning at school makes us bright!</i>	Point finger to head - nod 4 times and tap head with finger - knees bounce 4 times
1-8	<i>Nod your head to the beat,</i>	Reach right hand out - hold neighbor's hand Reach left hand out - hold neighbor's hand Nod head 4 times
1-8	<i>We're thankful for all our teachers who teach!</i>	Put hands together and out front - open them like a book & close them - 4 times
1-8	<i>It's thankful Tuesday I'm thankful for the</i>	March forward RLRL Crouch down and bounce 4 times
1-8	<i>life I lead I'm thankful I have</i>	Jump out to an X - arms open and circle down Hands at heart - sway RLRL
1-8	<i>all I need I'm thankful for the</i>	March backward RLRL Crouch down and bounce 4 times
1-8	<i>sky above I'm thankful for the ones I love</i>	Jump out to an X - arms open and circle down Hands at heart - sway RLRL
1-8		Reach right hand out - hold neighbor's hand Reach left hand out - hold neighbor's hand Rock RLRL
1-8	<i>I'm thankful for the ones I love</i>	Rock RLRLRLRL