



I'm a Little Flower

Counts	Lyrics	Choreography
1-8	<i>Music intro</i>	Help the little ones get their feet either parallel and kissing side by side - or opened out to first position
1-8	<i>Music intro</i>	Bend down and touch the floor - "find your seeds"
1-8	<i>I'm a little tulip, soaking up the rain</i>	Bounce 1, 2, 3, 4 Stretch your legs straight - bottom to the sky - hands still touching the ground (5-8)
1-8	<i>Watch me bloom, watch me grow</i>	Reach right arm up to 5th position (1-4) Reach left arm up to 5th position (5-8)
1-8	<i>Reach up to the sky, touch the morning sun</i>	Turn around on your tiptoes
1-8	<i>Petals open and close</i>	Jump open and close 2 times
1-8	<i>I blo-o-o-ow in the wind</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>& gr-o-o-o-w with the spring</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>Yeah I blo-o-o-ow in the wind &</i>	Right foot up to passe (1-2) Down to first position (3-4) Left foot up to passe (5-6) Down to first position (7-8)
1-8	<i>gro-o-o-w with the spring</i>	Right foot up to passe (1-2) Down to first position (3-4) Left foot up to passe (5-6) Down to first position (7-8) *Back down to your seeds* - squat down
1-8	<i>I'm a little poppy, soaking up the rain</i>	Bounce 1, 2, 3, 4 Stretch your legs straight - bottom to the sky - hands still touching the ground (5-8)
1-8	<i>Watch me bloom, watch me grow</i>	Reach right arm up to a jazz hand by the shoulder (1-4) Reach left arm up to a jazz hand by the

		shoulder(5-8)
1-8	<i>Reach up to the sky, touch the morning sun</i>	Jump 4 times "saute"
1-8	<i>Petals open and close</i>	Jump around in a circle - 8 jumps make one rotation Reach arms up to the sky
1-8	<i>I blo-o-o-ow in the wind</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>& gr-o-o-o-w with the spring</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>Yeah I blo-o-o-ow in the wind &</i>	Pique foot right front 2 times (1-4) Pique foot left front 2 times (5-8)
1-8	<i>gro-o-o-w with the spring</i>	Pique foot right front 2 times (1-4) Pique foot left front 2 times (5-8)
1-8	<i>I am a sunflower, soaking up the rain</i>	Bounce 4 times (a little slower than before)
1-8	<i>Watch me bloom, watch me grow</i>	Stretch your legs straight - bottom to the sky - hands still touching the ground (5-8)
1-8	<i>Reach up to the sky, touch the morning sun</i>	Reach right arm up to an X (1-4) Reach left arm up to an X (5-8)
1-8	<i>Petals open and close</i>	Turn around
1-8	<i>Sway to the right</i>	Chasse in a circle
1-8	<i>Give our thanks to the sunlight</i>	Chasse in a circle
1-8	<i>Sway to the left</i>	Step right and curtsy
1-8	<i>Say goodnight to the sunset</i>	Step left and curtsy
1-4	<i>Say goodnight</i>	Put hands together and then at cheek
1-8	<i>We blo-o-o-ow in the wind</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>& gr-o-o-o-w with the spring</i>	Lean right (1-4) Lean left (5-8)
1-8	<i>Yeah we blo-o-o-ow in the wind &</i>	Right foot up to passe (1-2) Down to first position (3-4) Left foot up to passe (5-6) Down to first position (7-8)
1-8	<i>gro-o-o-w with the spring</i>	Right foot up to passe (1-2) Down to first position (3-4)

		Left foot up to passe (5-6) Down to first position (7-8)
1-8	<i>gro-o-o-w with the spring</i>	Chasse in a circle
1-8	<i>gro-o-o-w with the spring</i>	Chasse in a circle and curtsey