

### “Counting And Dancing”•

Music: “Counting and Dancing”, metronome Danc’eM, dance # 444.

<u>Measures</u>	<u>Cts</u>	<u>Lyrics</u>	<u>Movements</u>	<u>Musicians’ Notes</u>
	16 cts			16 cts
		Counting and dancing It’s so much fun Counting and dancing Let’s start with ONE!		Can you sing the first 3 lines?
		You, count to one ONE (shouted by kids)		
			Dancers hold up one finger	8 cts
		Now turn around one time		
			Dancers turn around one time	8 cts
		You, count to two ONE, TWO (shouted by kids)		
			Dancers hold up two fingers	8 cts
		Now you shake your head ‘no’ two times		
			Dancers shake head side to side	4 cts poss 8 cts (each count will be a shake to one side, so it you need to make each side 2 cts it will be OK just accent it so there is only shake r,l,r.l.
		You, Count to three ONE, TWO, THREE		
			Dancers hold three fingers up	8 cts

		Now you nod your head 'yes' three times		
				Music to nod head up and down three times slowly
		You, Count to four ONE, TWO, THREE, FOUR		
			Dancers hold up four fingers	8 cts
		Now put your hands up high four times		
			Dancers up both arms up, down, Up, down, up, down, up, down	Music for arms up and down 4 times- you might have to have 2 cts for up and 2 cts for down so 16 cts with the correct accents or no sound on the odd cts.
		You count to five ONE, TWO, THREE, FOUR, FIVE		
			Dancers hold up five fingers	8 cts
		Now circle your hands in front of your tummy five times		
			Dancers roll hands in front of tummy	Enough music to roll hands in front 5 times (8 cts??) <b>Poss 12 cts?</b>
		You count to six ONE, TWO, THREE, FOUR, FIVE, SIX		
			Dancers hold up 6 fingers	8 cts
		Now pat your knees 6 times		