



Dance Movements



My Party

Song Lyrics

Everybody

Put your shoes on

Come on over

Bring a friend

Everybody

Put your hat on

Come on over

Let's begin

Come into my

party

My party

We're singing

And dancing

My party

My party

We're singing

And dancing

Let's dance!

Dance Movements

Start with your arms stretched forward, palms facing each other, almost touching, and open them out to the sides

Point to your shoes rhythmically with your index fingers

Invite others in: bend your arm with your palm facing in and then move your hand towards yourself rhythmically

Place an arm around the shoulders of an imaginary friend

Start with your arms stretched forward, palms facing each other, almost touching, and open them out to the sides

Lift your fists over your head and put on a hat

Invite others in: bend your arm with your palm facing in and then move your hand towards yourself rhythmically

Point rhythmically to a watch on the opposite wrist

Make the "welcome" gesture: stretch your arm forward with your hand perpendicular to the ground and sweep it out as you move your body in the same direction and tilt your head down

Lift your hands over your head and wave them from side to side

Close your fist and pretend to sing into a microphone

Dance freestyle

Lift your hands over your head and wave them from side to side

Close your fist and pretend to sing into a microphone

Dance freestyle

Party on! Everybody dance!