

“ABC” Dance

Parachute Routine

Verse: walk clockwise holding parachute in right hand. Shake parachute while walking.

Chorus: stop walking, turn toward middle of parachute.

“ABC”, “123”, Do Re Mi, “ABC”, jerk the parachute side to side.

On the second “123”, raise the parachute up.

On “Baby, you and me”, lower the parachute.

(Repeat chorus)

Turn in individual circles, holding on to the parachute (hand over hand) to the end of the chorus.

Verse: walk counterclockwise and shake parachute.

Chorus: stop walking, turn toward the middle of parachute.

On the second “123”, raise the parachute up.

On “Baby, you and me”, lower the parachute.

(Repeat chorus)

Raise parachute up and down (4 beats up, 4 beats down) until percussion begins.

Percussion: Put parachute on floor/ground, pretend to play the drums over parachute.

Verse: “Shake it Shake it Baby....” Begin little shakes of the parachute from the floor/ground until parachute is overhead.

Chorus: “ABC”, “123”, Do Re Mi, “ABC”, jerk the parachute side to side.

On the second “123”, raise the parachute up.

On “Baby, you and me”, lower the parachute.

(Repeat until the end of song)