

ROCK AROUND THE CLOCK

Clock Start: Students are lined up in hour lines. Students hold paper plate clocks with the hour showing in a squat/crouch position. At the start of the song, on the hour that is sung, students stand up with clock above their head. For example, on the words, One, Two, Three O'Clock, Four O'Clock rocks, students holding those hours would stand up.

Wobbly knees and cross hands on knees (two 8 counts)

4 Corner Claps (two 8 counts)

Wobbly knees and cross hands on knees (one 8 count)

Jazz hand turns (one 8 count)

Kicks in front (two 8 counts)

Raise the Roof (two 8 counts)

Jazz hand turns (two 8 counts)

Step Backs (left leg steps behind right leg while making a circular motion with hands in front, right leg steps behind left leg while making a circular motion with hands in front) (six 8 counts)

Wobbly knees and cross hands on knees (two 8 counts)

4 Corner Claps (two 8 counts)

Wobbly knees and cross hands on knees (one 8 count)

Jazz hand turns (one 8 count)

Kicks in front (two 8 counts)
Raise the Roof (two 8 counts)
Jazz hand turns (two 8 counts)

Do your own dance (six 8 counts)

Wobbly knees and cross hands on knees (two 8 counts)
4 Corner Claps (two 8 counts)
Wobbly knees and cross hands on knees (one 8 count)
Jazz hand turns (one 8 count)
Pose at the end of song