

# TEAM Time (Together Everyone Achieves More) Right Start The Day!

Presented by Meg Greiner

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<b>Dance Rules:</b>	Do Your Best If you are facing the wrong way, turn around <b>ACCEPT ALL</b> for partners Have Fun!
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<b>Teaching Tips:</b>	Don't emphasize rights and lefts Partners can be anyone, don't demand boys and girls Keep instructions short and sweet Have students say and do cues
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Content Standards:

- 1) Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.
- 5) Exhibits responsible personal and social behavior that respects self and physical activity settings.

**Reminder:** *"Too much talking makes them blue more of them and less of you!"*

## What is TEAM Time?:

**TEAM (Together Everyone Achieves More) Time** is the way Independence Elementary School students, staff and community start the day. When the bell rings for the beginning of school approximately 500 **students, staff, and community members** pile into the gym to start their day with movement, dancing, team building activities, signing, stretching, "Brain Gym", aerobics, and singing, followed by morning announcements, and the Pledge of Allegiance. We end with a daily affirmation (I'm ready to learn!) that gets us excited and connected for learning. TEAM Time lasts about 20 minutes. When we are finished students are energized and ready for learning and the teachers are energized to teach. TEAM Time is about community building, as the whole school gathers together everyday to celebrate learning. This unifies our school and connects us both mentally and physically.

From a physical education perspective it gives me a chance, at a higher level, to teach and reinforce concepts to the whole school community including playground rules, Levels of Responsibility, health and fitness related knowledge, math skills, and dance movements. I love that I can incorporate the dances we learn in physical education and keep dancing them all year round. I also do Brain Gym which is a series of simple movements used in Educational Kinesiology to enhance the experience of whole brain learning.

## How did it get started?

The concept of TEAM Time came from an activity I did during National Physical Education and Sport week which comes the first week in May each year. I did daily movement assemblies for the whole school during that week that included movement and dances the whole school could do, usually with streamers. The staff loved the way the students behaved after exercising. At the beginning of the next school year I was approached by the staff and the principal about doing this on a daily basis. So we did and that was how TEAM Time came to be. Of course I asked for several things, like an

elevated platform, PA system with four speakers, CD player, and wireless microphone allusable and mounted within the gym. Now I joke that my first class of the each day has 400+ students.

### **How do you make this work? (procedures)**

Each class has assigned places to gather within the gym. When the bell rings all students gather in the gym, check their own personal space and start following me. I am on a platform (about 4 foot tall, 4x5ft.) I lead and they follow. Classroom teachers meet their classes in the gym, participate with them, then go to the classroom to take attendance and lunch count. The first song is usually a slower warm-up song. I incorporate cross lateral movements, PACE, and stretching activities. The second song is usually faster, during this song I use more vigorous movements and jump patterns. The third and fourth songs are usually some sort of dance. We know over 50 of them. I try to rotate them throughout the weeks but we do have our favorites. Students also lead from the platform. The last song or songs, depending on time, are cool down songs where I repeat PACE, cross lateral movements, and a series of stretching activities. On some days I also add a signing song where we sign a song like God Bless America, Happy Trails, One Light One Sun, or Wonderful World just before the cool-down.

After the cool-down students lead the flag salute, then I follow it up with any announcements followed by the affirmation of the day. (turn to your neighbors, put your hands apart, on the count of three say, “*learning rocks! Yes!*” Ready, 1,2,3....) Students are then released to their classroom teachers who line them up and exit the gym!

### **Are staff members required to come?**

YES! Classroom teachers and aids, if they are free, but everyone loves to be there. For some, this is the only exercise they get. Even the principal participates.

**Public Relations.** One thing that has been neat about TEAM Time, that I never dreamed of when I took on this endeavor, was the impact it would have on the community and the positive impact it has made on my physical education program. The parents love it and think its great which shines a bright positive light on physical education in general. TEAM Time is a one of kind program and many people come to see it. It has made a very positive impact on our school and has brought teachers and students together through movement and play. We have performed TEAM Time on center stage at the local Hop Festival and with the House of Representatives in the Oregon Legislature. It has been duplicated in various schools across Oregon and Washington and around the country.

### **Theme Days Include:**

Country Western, Christmas, Halloween, Talk Like a Pirate Day, April Fools Day, St. Paddy’s Day, Mardi Gras, Hawaiian, Cinco de Mayo, Mickey Mouse’s Birthday, Martin Luther King Day, Take Me Out to the Ball Game Day, and Dr. Seus’s Birthday.

### **Bibliography:**

#### **Getting Started Music:**

#### **Favorite Warm-Up Songs:**

#### **Song Title: Time: Artist: Album:**

Best Years Of Our Lives 2:58 Baha Men  
Greatest Movie Hit  
Come on Over 3:09 Christina Aguilera  
Christina Aguilera

Dig It 3:48 D Tent Boys Holes  
Soundtrack

Get Ready 4 This 3:25 2 Unlimited  
ESPN Jock Jams Vol. 1  
Getting Hotter 3:51 Baha Men  
Who Let The Dogs Out Baha Men

Gonna Make You Sweat 4:01 C+C  
Music Factory ESPN Jock Jams Vol. 1  
I Like it Like That 3:46 Tito Nieves Jock  
Jams Volume 03  
I Like to Move It 3:49 Jock Jams  
I Need To Know 3:14 Marc Anthony  
Move It Like This 3:24 Baha Men  
Greatest Movie Hit  
Pump Up The Jam 3:59 Technotronic  
ESPN Jock Jams Vol. 1  
Pump Up The Volume 3:58 Marris ESPN  
Jock Jams Vol. 1  
Ready 4 This Combo 3:51  
Lets Get Ready To Rumble ESPN Jock  
Jams 1  
Rock And Roll Part 2 2:58 Gary Glitter  
ESPN Jock Jams Vol.1  
Should've Been A Cowboy 3:30 Toby  
Keith Toby Keith  
Surfing USA 2:28 Beach Boys Oldies  
Twilight Zone 3:24 2 Unlimited ESPN  
Jock Jams Vol. 1  
Unbelievable 3:27 EMF ESPN Jock  
Jams Vol. 1  
Up! 2:52 Shania Twain Up! (Red Disc)  
Who Let The Dogs Out 3:19 Baha Men  
Greatest Movie Hits  
Whoomp There It Is 3:43 Tag Team  
ESPN Jock Jams Vol. 1

### **Favorite Dance Songs:**

#### **Song Title: Time: Artist: Album:**

Agadou (english) 3:20 Saragossa Band  
Best Years Of Our Lives 2:58 Baha Men  
Shrek Soundtrack  
Blue (Da Ba Dee) 3:26 Eiffel 65 Now  
That's What I Call Music 4  
C'mon & Ride It (The Train) 4:03 Quad  
City Dj's Jock Jams Volume 03  
Celebration 3:40 Kool & The Gang Pure  
Disco  
Cotton Eye Joe 3:13 Rednex Sex &  
Violins  
D'hammerschmiedsgselln 1:52 Christy  
Lane Multicultural Folk Dance--Vol. 1  
Disney Mambo #5 4:09 Lou Bega Radio

Disney Jams 2  
Do The Conga 3:28 Various Artists  
Greatest Disco Dance  
Electric Boogie 4:02 Marcia Griffith  
Carousel  
Gonna Make You Sweat 4:01 C+C  
Music Factory ESPN Jock Jams Vol. 1  
Hands Up! (Give Me Your Heart) 3:15  
The Ultimate Party Survival Kit  
Hawaiian Roller Coaster Ride 3:30  
Various Artists Lilo And Stitch  
Soundtrack  
Monster Mash 3:12 Bobby "Boris"  
Picket Halloween Horror  
Mr. C's Cha-Cha Slide (Live Platinum  
Band) 6:27 Mr. C The Slide Man Cha-  
Cha Slide  
The Chicken Dance 2:37 Various Artists  
The Ultimate Party Survival Kit  
The Hokey Pokey 3:13 Various Artists  
The Ultimate Party Survival Kit  
The Tiki Tiki Tiki Room 3:30 Disney  
Mouse House Dance Mixes  
Tony Chestnut 3:33 Kimbo Tony  
Chestnut & Fun Time  
UCan't Touch This 4:17 MC Hammer  
Willie And The Hand Jive 3:08 Taj  
Mahal Shake A Tailfeather  
YMCA 3:45 Village People Pure Disco

### **Favorite Cool-Down Songs:**

#### **Song Title: Time: Artist: Album:**

All I Really Need 3:46 Raffi Baby  
Beluga  
Black & White 3:19 Freddie McGregor  
Reggae For Kids  
Circle Of Life 3:59 Carmen Twillie  
Classic Disney Vol. 1:  
Don't Worry Be Happy 3:54 Bobby  
McFerrin Don't Worry, Be Happy  
I Believe I Can Fly 5:22 R. Kelly Space  
Jam  
I Hope You Dance 4:18 LeAnn Womack  
I Just Wanna Dance with You 3:32  
George Strait  
I Think You're Wonderful 2:46 Red

Grammer Teaching Peace  
Just Like You 3:27 Keb' Mo' Holes  
Soundtrack  
Love Train 4:29 Keb Mo Big Wide Grin  
No One Else On Earth 4:12 Various  
Artists The Ultimate Line Dancing  
Album  
The Power Of The Dream 4:31 Celine  
Dion  
Over The Rainbow 4:48 J.C. Lodge  
Reggae For Kids  
Puff (The Magic Dragon) [Live] 4:18  
Peter, Paul and Mary Around The  
Campfire

Return To Pooh Corner 4:16 Kenny  
Loggins Yesterday, Today, Tomorrow....  
Smile (Album Version) 4:00 Vitamin C  
Smile  
Somewhere Over The Rainbow 5:08  
Israel Kamakawiwo'ole Facing Future  
Superman 3:44 Five For Fighting  
America  
Thanks a Lot 2:40 Raul Malo Country  
Goes Raffi  
You'll Be In My Heart 4:18 Phil Collins  
Tarzan  
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**Websites:**

- [www.thebrainstore.com](http://www.thebrainstore.com)
- [www.braingym.com](http://www.braingym.com)
- [www.pecentral.org](http://www.pecentral.org)
- [www.ccepe.net](http://www.ccepe.net)

**BOOKS:** “Smart Moves” by Carla Hannaford, PhD  
“Learning with the Body in Mind” by Eric Jensen  
“PE-4-ME” by Cathie Summerford  
“Brain Gym” and “Brain Gym and Me” by Paul and Gail Dennison  
“Spark: The Revolutionary New Science of Exercise and the Brain” by John Ratey

**Dances:**

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**THE CONGA LINE**

Music: Best Years of Our Lives, Baha Men, Shrek Soundtrack  
Scattered or in lines  
Walk, walk, walk out - basic pattern to be repeated one million times. May add arm and  
hip actions and words or sounds.

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**AGADOU - Australia**

Music: Agadou - Black Lace (there is a french and an english version)  
FLAIR (fla 107)  
Position: Scattered or lines  
Agadoo - do -do - jab index fingers forward 3 times  
Push Pineapple - pushing movement forward with hands  
Shake the tree - Clasp hands together swing over left shoulder and right  
Agadoo - do -do - jab index fingers forward 3 times  
Push Pineapple - pushing movement forward with hands  
Grind Coffee - make circles with hands over each other roly poly movement  
To the left - point left arm in air or step to left side  
To the right - point right arm in air or step to right side

Jump Up - both arms in the air and jump  
And to the knees - bring arms down to knees

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### **Singin' In The Rain**

Music: Singin' In The Rain, The Learning Station, Rock N' Roll Songs That Teach  
Scattered Formation

Follow the calls on the cd. Raise your umbrella and sing along!

Cross over - hands at knees

Shoop during versus two to right and two to left!

Repeat

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### **LILO AND STITCH DANCE**

Music: Hawaiian Roller Coaster Ride (Lilo and Stitch Soundtrack - Disney)

Developed by Oregon State University MS Physical Education Teacher Education  
Students, Graduating Class of 2003

R step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)

L step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)

Walk back, 2, 3, 4

Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)

Walk forward, 2, 3, 4

Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)

Hip 2, 3, 4

jump jump jump 1/4 jump turn ccw

repeat from beginning

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### **PATA PATA (South Africa) (modified)**

Introduction: 16 beats

Formation: Individual, circle, or lines

Music: Weikart Rhythmically Moving #6

**Part I R TOUCH, CLAP, L TOUCH, CLAP**

**TOES, HEELS, HEELS, TOES**

**R UP, AND OVER, UP, AND DOWN**

**L BRUSH, TURN 1/4 CCW**

Beats: 1 Touch R sideward right (arms sideward with snap)

2 Step R next to L (clap)

3 Touch L sideward left (arms sideward and snap)

4 Step L next to R (clap) and transfer weight to both feet

5 Turn toes out (raise arms, elbows in)

6 Turn heels out (lower arms, elbows out)

7 Turn heels in (arms as in beat 5)

8 Turn toes in (arms as in beat 6)

9 Raise R knee in front of body

10 Touch R sideward right

11 Raise R knee

12 Step R next to L

13 Brush left foot and turn 1/4 turn ccw and repeat dance

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## THE YMCA

Music: The YMCA by the Village People available on "Jock Jams Volume I" or "Pure Disco" from PolyGram International Music

Formation: scattered position or lines

Cues:

Intro: March (in place) 2,3,4,5,6,.....56

Verse: R Step, close, step, close, step, close, step, close  
L Step, close, step, close, step, close, step, close  
Heel, heel, heel, heel (alternating heel touches)  
R Hand Stop  
L Hand Stop  
Turn R Hand In  
Turn L Hand In  
R Arm Down  
L Arm Down

Chorus: Pat, Pat (legs)  
Clap, Clap, Clap (hands)  
Roll arms.....  
Spell Y M C A with arms  
Roll arms  
Spell Y M C A with arms  
Roll arms  
Your choice movement for 8 (2/2) counts  
Spell Y M C A with arms  
Roll arms  
Spell Y M C A with arms  
Roll arms

Repeat all above verse and chorus

Last time through (3rd time) repeat chorus over and over until song is finished. Have students sing and spell YMCA with their hands..

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## DYNAMITE

Music: Dynamite by Taio Cruz, Rokstar CD

Formation: Scattered/Lines

Cues: **Clap** in place until singing begins

**Drive your car:** I came to dance, dance, dance, dance  
I hit the floor  
'Cause that's my, plans, plans, plans, plans  
I'm wearing all my favorite  
Brands, brands, brands, brands  
Give me space for both my hands, hands, hands, hands  
Ye, ye

**Cross Grab:** Cause it goes on and on and on. And it goes on and on and on  
Yeah!

**Jump and Raise the roof:** I throw my hands up in the air sometimes

**Sway arms right and left above your head:** Saying AYO! Gotta let go!

**Jump and Raise the roof:** I wanna celebrate and live my life

**Sway arms right and left above your head:** Saying AYO! Baby, let's go!

**Right step together step clap, Left step together step Clap, Right step together step clap:** 'Cause we gon' rock this club, We gon' go all night, We gon' light it up

**Dynamite:** Explode up in the air with a start jump and return to earth with crossed arms around body:  
Like it's dynamite!

**Right step together step clap, Left step together step Clap, Right step together step clap:** 'Cause I told you once, Now I told you twice, We gon' light it up

**Dynamite:** Explode up in the air with a start jump and return to earth with crossed arms around body:  
Like it's dynamite!

**Drive your car:** I came to move, move, move, move  
Get out the way me and my crew, crew, crew, crew  
I'm in the club so I'm gonna do, do, do, do  
Just what the heck, came here to do, do, do, do  
Ye, ye

**Cross Grab:** Cause it goes on and on and on. And it goes on and on and on. Yeah!

**Jump and Raise the roof:** I throw my hands up in the air sometimes

**Sway arms right and left above your head:** Saying AYO! Gotta let go!

**Jump and Raise the roof:** I wanna celebrate and live my life:

**Sway arms right and left above your head:** Saying AYO! Baby, let's go!

**Right step together step clap, Left step together step Clap, Right step together step clap:** 'Cause we gon' rock this club, We gon' go all night, We gon' light it up **Dynamite:** Explode up in the air with a start jump and return to earth with crossed arms around body: Like it's dynamite!

**Right step together step clap, Left step together step Clap, Right step together step clap:** 'Cause I told you once, Now I told you twice, We gon' light it up

**Dynamite:** Explode up in the air with a start jump and return to earth with crossed arms around body:  
Like it's dynamite!

**Walk forward 2, 3, clap, Walk Backward 2, 3, clap, Vine to right 2, 3, clap, Left Vine 2, 3, 4, repeat over and over during the following segment:**

I'm gonna take it all like,  
I'm gonna be the last one standing,  
I'm alone and all I  
I'm gonna be the last one landing  
'Cause I, I, I Believe it  
And I, I, I  
I just want it all, I just want it all

**Jump and Raise the Roof:** I'm gonna put my hands in the air  
Hands in the air  
Put your hands in the air

**Instrumental:** Do the robot or the monkey until words begin again.

**Jump and Raise the roof:** I throw my hands up in the air sometimes

**Sway arms right and left above your head:** Saying AYO! Gotta let go!

**Jump and Raise the roof:** I wanna celebrate and live my life:

**Sway arms right and left above your head:** Saying AYO! Baby, let's go!

**Right step together step clap, Left step together step Clap, Right step together step clap:** 'Cause we gon' rock this club, We gon' go all night, We gon' light it up **Dynamite:** Explode up in the air with a start jump and return to earth with crossed **HANDS-UP PARTY DANCE (Club Med Dance)**

Music: Hands Up! (give Me Your Heart) by Ottawan

Formation: Scattered one wall dance

Chorus: Hands up Hands up - raise hands in the air and lower them with words

Give me your heart - point with both hands together at someone and circle both arms/ hands around to your heart, repeat.

All your love - reach across your body with one arm and point while bringing your arm all away across your body back to the other side, repeat with other hand

the other direction on follow up (all of your love)

On rest of song just do a step together step with a clap, right and then left to the beat of the music. Follow the words to the song and you'll be fine!!!! Have fun with it!

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### **THE MONSTER MASH**

Music: The Monster Mash performed by Bobby "Boris" Pickett and the Crypt-kickers

Dance Formation: Scattered

Music in 4/4 time

Introduction: Stand like a Frankenstein Monster with arms outstretched and keep time with the music (8 measures)

On first words of song begin

8 Frankenstein Walking steps forward (8 counts)

8 Frankenstein walking steps backward (8 counts)

4 Crossing Arm Scissors (4 counts)

4 Alternating Hammer Hands (4 counts)

4 Hitchhikes (4 counts)

4 Transylvania Twists (4 counts)

Repeat again and again!!!

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### **VOGUE by Jerry Poppen**

Music: Vogue by Madonna

Formation: scattered or as a line dance

Intro: 10 measures (1,2,3,4; 2,2,3,4 etc.)

Cues:           back, 2, 3, 4 (clap)  
                  forward 2, 3, 4 (clap)  
                  side 2, 3, 4 (clap)  
                  side 2, 3, 4 (clap)  
                  side turn 2, 3, 4, (clap)  
                  side turn 2, 3, 4, (clap)  
                  heel, heel, heel, heel  
                  Pose

Walk backwards for four counts with a clap on four

Walk forward four counts with a clap on four

Walk right and strut sideways for four counts with a clap on four

Walk left and strut sideways for four counts with a clap on four

Right full turn sideways for four counts with a clap on four

Left full turn sideways for four counts with a clap on four

Alternating heel touches forward for 4 cts.

Pose like a model and hold.....can play with this and do it after every section or every third etc.

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### **PATTY CAKE POLKA:**

Music: Patty Cake Polka , Wagon Wheels

Formation: Partners scattered or Double circle dance

Cues: Moving in scattered position or in double circle line of direction counter clockwise

CCW Heel Toe, Heel Toe, slide slide slide



CW Heel Toe, Heel Toe, slide slide slide  
Clap Right, Clap Left, Clap Both, Clap Down  
Elbow Turn  
Mixer: and move to your left right now and repeat with new partner

Variation: Do this same dance to McHammer "Can't Touch This". Break it down = Free Dance

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### **THE ALLEY CAT (American Novelty Dance - Origin Uncertain)**

Music: The Alley Cat, Christmas Twist - Jingle Bell Rock

Formation: Scattered

Cues: right to the right (side touches)

left to the left (side touches)

right back, right back

left back, left back

right knee up twice

left knee up twice

right knee up

left knee up

clap

jump

repeat!!

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### **LA RASPA (Mexican Folk Dance)**

Cinco de Mayo (may 5th, celebrating Mexico's Independence over France in war)

Music: La Raspa Folk Dance music

Skills: Bleking step, running, elbow turn

Formation: Partners face each other. They may hold both hands or not.

Action:

Measure 1-4: Hop on the left foot, sliding the right foot forward, toe up. Hop on the right and slide the left forward, toe up. Hop on the left and slide the right forward again, toe up.  
Pause.

Repeat the movements beginning with a hop on the right foot.

Ending with a half face to the right. (bleking step)

5-8: Repeat actions of measures 1-4, ending with a half face to the right.

9-16: Repeat measures 1-8.

Part II: Partners hook elbows, other hand up toward ceiling....

Measures 1-4: Do a right elbow swing, using eight running or skipping steps.  
Release and clap the hands on the eighth count.

5-8: Do a left elbow swing, using eight running or skipping steps.  
Release and clap the hands on the eighth count.

9-16: Repeat measures 1-8

Repeat the entire dance, parts I and II over and over again.

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### **D'Hammerschmledgselin**

Music: D'Hammerschmledgselin (German Folk Dance) Christy Lane Multicultural Folk Dance

Treasure Box Cd #1

Formation: Partners scattered or in groups of 4's

Hand Pattern: Slap with hands: Thigh (1), Stomach(2), Clap Hand Together (3)  
Clapping hands with partner: cross (4), cross (5), together (6)  
Repeat this pattern 4xs through

Second part: Make a right hand star and skip ccw for 8 cts then reverse direction for 8 cts.

Repeat dance from beginning.

Variation: Once partners have the pattern then put them in groups of 4's. Couples perform the dance together using an alternating clapping pattern. The first couple starts the hand pattern and the second couple begins their hand pattern while the first couple is **on the 4,5,6. of the hand pattern. They then continue with this pattern throughout the hand pattern section.** On the star they make a four person star.

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### INSIDE OUT MIXER

Music: The Locomotion performed by Kylie Minogue  
Formation: 3 in a line-join hands

Cues: walk (forward) 2, 3, 4, 5, 6, 7, 8  
circle, 2, 3, 4, 5, 6, 7, 8  
inside out (arch), 2, 3, 4, 5, 6, 7, 8  
circle (inside out), 2, 3, 4, 5, 6, 7, 8  
break (into a line) 2, 3, 4, 5, 6, 7, 8  
change (center person moves to next group) 2, 3, 4, 5, 6, 7, 8  
Repeat from beginning.....

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### IRISH STEW

Music: "Rakes of Mallow" from Weikart's "Rhythmically Moving Album 2"  
Formation: Small groups in circles about 4 or 5 people, may hold hands or not  
Intro: Wait 8 cts.

Cues: Circle (sliding) 2, 3, 4, 5, 6, 7, .....16  
Circle (sliding the other way) 2, 3, 4, 5, 6, 7, .....16  
Jump, Jump, clap, clap  
Jump, Jump, Clap,Clap  
In (walk into center of circle) 2, 3, 4  
Out (walk back out) 2, 3, 4  
Jump, Jump, clap, clap  
Jump, Jump, Clap,Clap  
In (walk into center of circle) 2, 3, 4  
Out (walk back out) 2, 3, 4

Repeat

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### HANDS-UP PARTY DANCE (Club Med Dance)

Music: Hands Up! (give Me Your Heart) by Ottawan  
Formation: Scattered one wall dance

- Chorus: Hands up Hands up - raise hands in the air and lower them with words  
Give me your heart - point with both hands together at someone and circle both  
hands around to your heart, repeat.

arms/

- All your love - reach across your body with one arm and point while bringing your arm all away across your body back to the other side, repeat with other hand the other direction on follow up (all of your love)
- On rest of song just do a step together step with a clap, right and then left to the beat of the music.
- Follow the words to the song and you'll be alright!!!! Have fun with it!

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Happy Trails!!!

***Dance like no one is watching,  
Love like you'll never be hurt,  
Sing like no one is listening,  
Live like it's heaven on earth.”  
- William Purkey***