

# Dance-a-Lotties™

[www.dancealotties.com](http://www.dancealotties.com)

## “WE CAN DANCE” CD - DANCE INSTRUCTIONS:

### TRACK 1: HELLO

You will notice all our CDs start with Archie and Lottie's theme song. It is important for young children to feel comfortable and at ease when starting a dance class. The theme song sets the mood, as well as giving children something to relate the beginning of their dance class to. For this song, just sing along...clap hands...get everyone seated....ready to begin!!

## TRACK 2: WE CAN DANCE

It is very important to warm our bodies up before dancing.  
This song will guide children through their body parts to ensure every part of their body is warmed up and ready to dance!

MUSIC CUE	COUNTS	MOVES	EXTRAS
INTRO	12	Hands on hips, wiggle hips left and right	Big smiley faces
“Hello Girls...”	16	Keep wiggling hips, wave hands above heads out and in as if waving	
“Clap your hands...”	8	Clap hands above head...keep those wiggles going!	
“Now we stretch....”	16	Stretch alternate arms way up above head try reaching for the ceiling!	Make sure you stretch your fingers wide as well!
CHORUS “We can dance...”	4	“Flick” both hands out to the right side two times down low, flick both hands out to the left side two times down low, flick both hands up high to the right side twice, flick both hands out to the left hand side twice	
“Arch and Lottie..”	4	Skip around in a circle by your self or with a partner	
“Will help you.....”	4	Keep those skips going	
“We can dance	16	Repeat chorus	
Music” wowowow	4	Do big hip circles ...be all wobbly!!!	
“Let us shake ...”	4	Shake head side to side x4	Keep hands on hips now, until next chorus!
“Now we nod	4	Nod head up and down x4	

“Now can you move your shoulders	8	Roll shoulders around and around...both shoulders together
“Can you move it to your hips	8	Wiggles hips left and right...keep in time!
“Now move it to our bottoms	16	Stick your bottom out and in with the music
CHORUS	36	Repeat CHORUS as before
“Are you ready for your knees	8	Legs apart and bend knees, up and down in time with music...pump your arms
“Lift them up.....	8	Keep legs apart, and lift your knees up to the side (one at a time,) pump those arms! Strong fists
“Stomp them up and down	16	Stamp your feet, make a noise.....clench your fists and pound your arms up and down.....just like when you’re really mad!
CHORUS	32	Repeat chorus, again and again, until finished

Hey well done.....  
You’re all warmed up!

### TRACK 3: Yippee Aye Oh

This song introduces children to gallops.

You will need to be able to gallop for all different forms of dance....there are types of gallops in Classical Dance, Jazz Dance, Tap, Irish dancing....just to name a few.

Gallops are best done in a big circle.....make sure everyone knows which way they are going!! When you start to gallop, try to keep just one leg in front of the other, step forward on that leg, then let the other leg catch up to the first leg. As you get more clever you could try to do 4 with the left leg in front, then quickly swap and do 4 with the right leg in front.....you might even be able to get it down to 2 on each leg...that's called a polka!....In this dance we will even learn to gallop sideways...when that part comes, make sure your body is facing to the middle of the circle and move your gallops by stepping out sideways!

MUSIC CUES	COUNTS	MOVES	EXTRAS
INTRO	16	Stand legs apart, thumbs hanging in your belt loops...just like a cowboy! Beat your right heel for 8 counts, then beat your left heel for 8 counts	
"Riding on my little horse	24	Trot around in a large circle; lift your knees up high. Keep your back straight, point your toes, and don't forget to keep a hold of your horse! Don't forget to give us a wave when the music says wave as I go past!	(This is a bit like a very slow jog)
CHORUS "On my horse	8	Stop, legs apart and patty cake (Slap thighs, clap hands x4)	
"I yippee Aye oh	8	Tap heel of right leg, whilst swinging your lasso high in your right hand, (4 counts) beat heel of left leg, whilst swinging your lasso high in your left hand( 4 counts)	
	16	Repeat from patty cake through to lasso swing	
Neigh/ Yee ha"	8	Pull back on your horse, then lift your hat up high when you say Yee ha!	
"Galloping around the ring	24	Gallop around the circle, one leg in front all the way Hold on to your reigns! Don't forget to pull your horse back, to make him stop	

CHORUS	32	Repeat Chorus as before
"Now I swing my lasso high	24	Face the centre of your circle. Do 16 sideways gallops to the right, then reverse it and do 16 sideways gallops to the left Swing that lasso high as you gallop
CHORUS	32+8	Repeat Chorus as before
"In my saddle	24	Trot (like before) around the circle with very straight backs, get ready, and do a big jump over the horse jump!
CHORUS	32++++	Repeat Chorus over and over until finished

## TRACK 4: Monster Song

This song is not only for stretching little legs and making feet work though the floor (in the tip toe component), but is also a good exercise in listening to music, and recognizing and responding to a change in music.

MUSIC CUE	COUNTS	MOVES	EXTRAS
INTRO	12	Stay very quiet; listen to see if you can hear the monster sleeping! Put your finger over your mouth to say Shhhh!	
“The monster’s sleeping	42	Tip toe around the room, very quietly, you can tip toe leaning over, tip toe crouched down, tip toe stretching your arms up high, tip toe anyway you like....just do it quietly so you don’t wake the monster up!	Someone could pretend to be the monster asleep
“GRRR”	2	Oh No! The monsters awake.....squeal!!!	
“The monster’s up	42	OK now it’s your turn to be the monster...stamp your feet, growl...be loud monsters!!.....stomp all around the room	Do very large exaggerated movements for the monster!
“All that stomping hurts my head...”	8	Hold both hands to your head, incline head to left and right with an “Oh no” face! (8x)	
“Shshsh”	16	Place pointer finger over your mouth and say “Shshshsh”	
“The monster’s sleeping...”		Repeat the whole exercise from beginning to end!	

## TRACK 5: Marching Band

This song is for Marching, the nice strong 4/4 beat will encourage children to stay in time with the music. Encourage correct deportment in this exercise, pointed toes, heads up and strong backs.

<b>MUSIC CUE</b>	<b>COUNTS</b>	<b>MOVES</b>	<b>EXTRAS</b>
INTRO	16	Stand as still as a soldier, at "ATTENTION" Don't move!	
CHORUS "Here comes the..	8	March on the spot (knees up, backs straight) use your right hand to "look" to the right for 4 counts, then use your left hand to "look" to the left for 4 counts	
"Marching down the St.	8	March on the spot and use right hand to point to the marching band for 4 counts, (anywhere) then use your left hand to point to the marching band for 4 counts	
"Here comes the...	13	March in a circle to your right for 8 counts, then to your left for 5	
"YES SIR"	3	Stand at attention and salute	
"Swing your arms	26	March around in a big circle. March with your knees lifted up (bent) don't forget to smile!	
"Attention CHORUS "Here comes	14 32	Stand at attention. Don't move!! Repeat "look" and "point", whilst marching as before, all the way up to "Yes Sir"	
"Stretch your legs	26	March around circle, but this time do it with legs straight out in front of you. Don't forget to play on your drums this time	
"Attention"	14	As before	
CHORUS "Here comes	32	Repeat chorus	

“Stretch up on your toes	26	March around circle on you tip toes Don’t forget to play on your trombone this time!
“Attention	14	As before
CHORUS	32	Repeat chorus
“March it in a circle	25	March around in your own little circle. Don’t forget to bang your cymbals
“Attention	14	As before
CHORUS	32	Repeat chorus

## Track 6: Floor Exercises

This track has spoken dialogue to tell you what to do. The exercises are given “child friendly” terms, as the children are more able to relate to the exercise instructions this way. Basically you can use any form of stretch or strengthening exercise...and give it a funny name that the children can relate to.....the choice is yours! We have given you some ideas, but you can do whatever you like.

## Track 7: Little Caterpillar

Track 7 on all our CDs is always a fine motor song.  
This song has helpful moves for hand and finger control, as well as some classical arm (“port de bras”) components.

<b>MUSIC CUE</b>	<b>COUNTS</b>	<b>MOVES</b>	<b>EXTRAS</b>
INTRO	8	Kneel down on the floor, bottom on your feet. Place hands in front, chest height one over the other	
“I’m a little caterpillar..	4	Let your top hand “crawl” over the other arm like a little caterpillar	
“And I crawl upon my leaf.....	4	Repeat the same movement with the opposite hand and arm	
“A green caterpillar..	4	Swap over to the first hand and arm again Repeat caterpillar walk	
“Finding food to eat...	4	Swap hands and arms one last time Repeat Caterpillar walk	
“I roll into my safe cocoon..	4	“Roly poly hands around each other, on last count (4) clasp both hands together tightly	
“I’m called a chrysalis	4	Take clasped hands and move them from one shoulder to the other 4 times	

"Now I will be safe...	4	Open up hands, stretch them down to floor beside your legs, stretch arms up sideways....nice big stretch out to the side....and finish with a tight cuddle...both arms hugging around your body	This is a bit like a big yawn!
"When I'm hiding....	4	Roll shoulders back one at a time, whilst maintaining tight cuddle	
"Then one day I'll	4	Push hands up until your arms are stretched way up high above your heads....continue to stretch taking your arms out sideways and down	
"Look at me I'm beautiful....	4	With your palm faces down, lift your right arm up like a butterfly wing.....way up high and back down again. Repeat butterfly wing with left arm. Repeat right arm, repeat left arm....4x in total	Try and use lovely ballet hands when you do this!
"Flying all around....	4	Stand up and fly around your "garden" make sure you use your tippy toes!	
"Swooping left and....	4	Continue flying as above...but include a swoop to the left and a swoop to the right	
"Find a flower	4	Tip toe flying continues...searching for a flower	
"Fold your wings up ...	8	Kneel down....fold your wings across your body and sleep until the song starts again	
"I'm a little.		Repeat the whole song from the beginning!	

## Track 8: SPAGHETTI

Included in all our CDs is a dance game or mime, which allows children to use their own movements, expressions and imagination.

In this track we want them to pretend to be a piece of spaghetti...start off very stiff.....then as you boil in the water...get softer and softer....there are choreography notes...but you may wish to use this song as free expression/ interpretation.

MUSIC CUE	COUNTS	MOVES	EXTRAS
INTRO	8	Stand still and listen to the water bubbling.....	
"I am called Spaghetti	8	Hands beside your body as if standing at attention...wait very still, stiff and tall	You can move your head in time to the music if you want
"Drop me in the water...	8	Slowly melt yourself into the water....droop your body down, down, down. Bend legs..stay standing!	
CHORUS "Oh no here I go....."	4	Hold your hands on each side of your head.... Incline your head left, right, left, right!	You need a very sad, scared face for this part!
"Bubble bubble..."	4	Jump up and down on the spot, let your body be all loose and floppy.....arms stay by your sides	
"Blob, blob, blob, blob"	4	Lift one elbow up like an old scarecrow, then let it flop back down, repeat with alternate arms for every blob!	
"Sizzle sizzle sizzle"	4	Shake your body all over....as if you are trembling	
"I'm boiling in the pot..."	4	Shake your stretched arms way above your head, then drop down onto crouched legs...(into your pot)	Keep hands down
"The water's very hot"	4	Simulate standing in very hot water..ouch, ow, ow!	
"I'm going round and round"	12	Twirl your body around and around....go faster...and faster...	

CHORUS	20	Repeat CHORUS (From Oh no...to boiling in the pot!)
"I'm jumping up.	16	Jump up and down on the spot....go faster and faster!!!
CHORUS	20	Repeat CHORUS (From Oh no...to boiling in the pot!)
"Someone's turned the heat off.....	4	Act out turning off the oven
"And I'm being lifted out.....	4	Use 2 hands to pretend to lift armfuls of spaghetti out of the pot
"They put me on a plate...	4	Use those same 2 hands to plop all the spaghetti onto a plate....let your fingers wiggle like raindrops coming down.....that's the spaghetti falling onto the plate!
"Then they put me in their mouth.	4	Lift big handfuls of spaghetti up and sip it all into your mouth!
CHORUS x2		Repeat chorus as before....twice through

## TRACK 9: Jump Up and Smile

Before finishing a class we like to learn a little dance...these dances are pretty simple...and can be learnt in just one lesson....they can be used for Christmas shows...parent shows ...or just to show off to friends with!!!

MUSIC CUE	COUNTS	MOVES	EXTRAS
INTRO	20	Feet together. Hands by your sides, bounce up and down with your knees, whilst your head inclines left and right	BIG SMILES
CHORUS "Jump and smile...."	4	Stretch both arms across your body...up high and out to the sides like a "Giant Hi!"...do a big jump with you legs apart as you use your arms. Land with your legs in a giant demi plie* in 2 <sup>nd</sup> .... Hands on your hips  <i>*(Legs apart, knees bent!)</i>	SMILE when the song says SMILE!
"You'll be feelin' much better"	4	Bend and stretch your knees to the music (Twice) keep your hands on your hips	
"You need a friend..."	4	Keep your legs apart...roly poly arms but start on the left side of your body and take the roly poly arms across to the right side of your body	
"All kinds of weather."	4	Legs apart, hands up near face, palms facing front, and sway left, right, left, right	
"Jump and smile"	20	Repeat chorus again...this time though the "You need a friend part is done twice...NO PROBLEM...just repeat the move again! Wiggle till the verse starts again!	We need a very SAD face!
"When you're feeling down"	8	Stretch right foot out to the side Stretch your body out to the left (at the same time)...so it's like you are doing a big lean to the left...put your hands either side of your head. Stretch everything out to the other side (once each side)	
"Wipe away those ..."	8	Wiggle your hips very fast...while you wipe away your tears and your frown with your two hands. Legs apart and bent	

"Find your smile...	8	Same stretch/ lean step as "when you're feeling down."....but this time put one hand up over your eyes to "Look" for your smile, swap hands over when you lean to the other side...	
"You know you have friends that.	12	Pivot turn around and around....stretch your arms out to the side	Time for the HAPPY face!
CHORUS "Jump and smile....		Repeat Chorus	Sad face again!
"Don't walk around...	8	Walk around in your own little circle (8 steps around to the right) then walk around the other way (8 steps in a circle to the left)	You can laugh in this place!
"Have a little laugh..	8	Legs apart, hands on your belly...and let the top part of your body (from the waist up do a big circle..lean left, back, right and front.) Repeat circle lean	
"That makes	12	Pivot turn as before	Time for an angry face!
CHORUS		Repeat Chorus as before	Give your friend a big smile!
"We all have days..	16	Stomp your feet...up and down! Shape your hands into fists...and pound them up and down too	
When you've got a friend....	16	Find a friend..(or a toy) Skip around with your friend in little circle...you can do this holding hands, linking elbows, or if space is tight, just swing arms with your friend, and just stand on the spot!	
CHORUS	36	Repeat Chorus again!	
Bridge "I love You..		Find a friend and give them a big hug...find another friend And give them a hug...if you doing this by yourself find a toy to hug!	
CHORUS		Repeat the chorus until the end of the song!	

## Track 10: Say Goodbye

This song always signifies the end of our dance class.  
Everyone gets back together to say a formal goodbye/ thank you for the lesson.

MUSIC CUE	COUNTS	MOVE	EXTRA
Intro	16	All stand in a big circle holding hands; you can swing your arms gently to the music whilst you wait for the singing instructions to start	
"Now's the time to say Goodbye..."	4	Tip toe run toward the middle of the circle, make the circle a "little" circle	Keep holding hands.
"To all our little friends	4	Tip toe run out from the circle (making a "big" circle)	
"We've finished all	8	Repeat run in and out again	
"Let's blow a little kiss	4	Blow a kiss to some one in the circle, then blow another one to someone else	You could pop your feet into 1 <sup>st</sup> position.
"Let's give a hug or two	4	Give your self a big hug, whilst all facing into the middle of the circle	(heels together, toes out)
"Turn upon our..	4	Turn on your tip toe in your own little circle	
"Say Goodbye to you	4	Wave goodbye to everyone with your left hand, then wave goodbye, with your right hand	
MUSIC	8	Whilst waiting for the song to start again, all the girls could do a little curtsey, the boys could do a bow, then all hold hands and get ready to do the whole dance again	
REPEAT		Repeat whole dance again	

That completes our dance class. It should take around 30 minutes to complete. Our last three tracks are “Listening and learning” songs. Use these as you like!

### **TRACK 11: Good Manners**

You will notice most of our “learning” songs, have a young child singing...this makes the song less authoritative, and the children seem to react better to another child telling them what to do!....Much less threatening. Listen to the words of this song...Great way to teach all those nice manners expected in society.

### **TRACK 12: The Problem Song: I've Caught a Cold**

Every CD has a “problem” encountered by Archie, but no matter what the problem is Lottie always has a solution.....this Song is about what to do if you have a cold!

Also addresses the importance of hygiene, manners, families and helping each other out!

### **TRACK 13: Crossing the Road**

A great song to learn road rules; this song can be played/acted out or just listened to.