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The Parts That Are a Part of You

Dance © 2008 by Connie Bergstein Dow

CHORUS

Begin the dance standing straight and tall. On the word “fun,” put one arm out in front of you. Put the other arm out on “things.” Clap on “do,” circle arms up and around and put hands on front of thighs during the short beat in the song before the second line begins.

Through the whole second line of the song, do small marches with your hands alternating as they pat the tops of the thighs. On the word “you” (the last word in the line), do a small jump in place, as you put your hands (in fists) on your waist or hips, coming back up to a straight standing position. These movements are the same each time the chorus is repeated in the song.

VERSES

The movement for all of the verses is basically the same, with small variations. For the first line of each verse, march in place for eight counts, facing front. The second is the same, but you turn to face the side. For the third line of the song, face the back, and for the fourth line, face the side (making a circle around yourself in place). Swing your arms as you march, and use the many action words in each verse to provide movement inspiration along with the marches (i.e., 1st verse: shake, curl, twirl, etc.)

For the fifth line, take a big side step to turn yourself to face the front, while you bring one arm up. Bring your other foot in to meet it so that your feet are together while you bring the second arm up. Make the arms-up position into a big shoulder shrug (an “I don’t know” gesture) by the end of the fifth line in the song.

For the last (sixth) line of each verse, touch (with your hands) your body part that is named, and move the part in a way that is mentioned in the song (i.e., shake your head when “hair” is named, blink your eyes for the second verse, open your mouth wide in a big smile for the third verse, etc.). There is an eight-count pause in the music at the end of each verse, which can be a freeze, a free dance, or whatever you wish before the next verse or chorus begins.

The song ends with the chorus sung twice, and then the last line repeated one more time. Finish dancing freely, and take a big bow at the end.

TEACHING TIPS

Play the song several times, so that the children are more or less familiar with the words and music. It is helpful to teach this dance a few movements at a time. As you show the movements (without the music at first), do them at a much slower tempo than when you dance to the song. You can teach either the chorus movements or the verse movement first, but allow the children to feel comfortable with one, by doing lots of repetition, and finally trying it with the music. Then teach the next part, repeat it while the children become familiar with the movement, and then try the whole song with music. You can divide this process into several sessions, while the children get used to the movement and learn the words to song.

THE MOST IMPORTANT PART ABOUT CREATIVE DANCING IS THAT THE CHILDREN HAVE FUN AND USE THEIR IMAGINATIONS. THE SUGGESTED MOVEMENTS THAT GO ALONG WITH THIS SONG PROVIDE A FRAMEWORK ONLY. IN THIS DANCE, THERE IS NO RIGHT OR WRONG!

(See reverse for song lyrics)