



Lyrics and Actions

Version 1.0

Note: This guide may receive periodic updates.
Please feel free to check back for the latest version.

Created by



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All words and music by Judy & David except as noted.

WARNING: Please engage in JiggiiJump activities in a safe area and stay within the limits of your abilities and health. All Together Now Entertainment Inc., its representatives and all program sponsors disclaim any and all liability arising from injury incurred by participants.

JiggiJump Quick Start!

This guide is packed with great information, but JiggiJump is simple and you can start “JiggiJumping” with the children in your care RIGHT NOW. If you sing and move along with JiggiJump, keeping it fun and full of energy, you can't lose! Make sure you have a safe setting in which to move then...

- Everybody (you too!) stand up and start marching in place to warm up.
- Play a JiggiJump CD track
- Follow the instructions on the CD and SING AND MOVE ALONG!

Make sure the music is loud enough for everyone to hear while they move and sing along. If you have trouble following any of the actions described on the CD, have fun and improvise -- or have a look at the 'official' movements in this guide.

Learn More and Do More...

Use this guide to take your JiggiJump experience to the next level!

- Use JiggiJump as an opportunity to learn and talk more about the subjects introduced in the JiggiJump adventures
- Attend a high-energy JiggiJump Live Concert (see JiggiJump.org for more info)
- Host a JiggiJump party at home or a JiggiJump assembly at school and get everyone JiggiJumping along with you
- Learn more about what you can do to keep yourself and the Earth healthy
- Visit us online at **JiggiJump.org**

Safety Checklist:



When Planning and Implementing Physical Activities and Movement Experiences with Young Children make sure that:

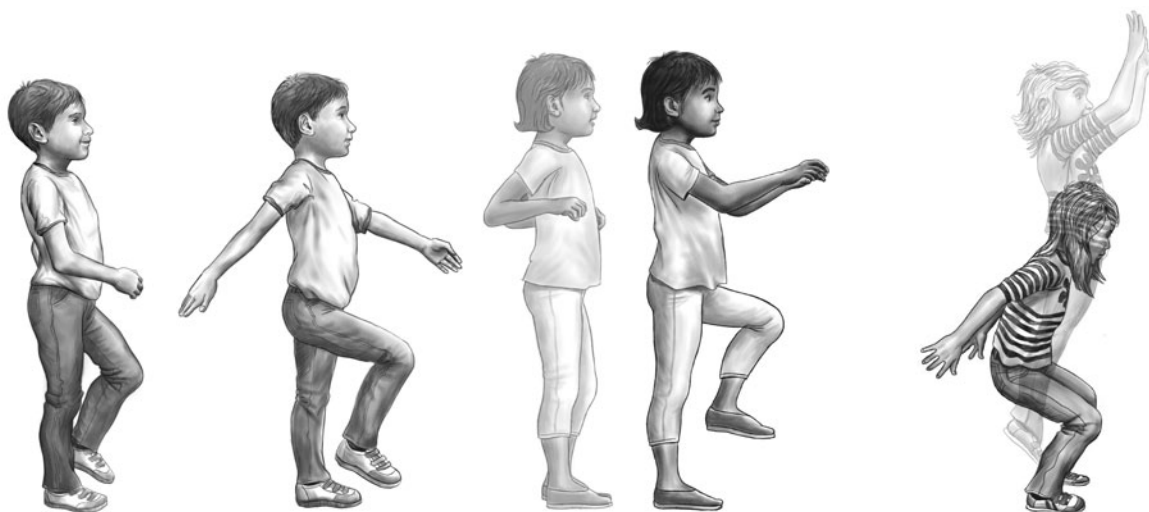
- Teachers and physical activity leaders are aware of the medical background and physical limitations that would prevent full participation of children within their care.
- Teachers and physical activity leaders are trained in first aid and are aware of what to do in an emergency situation and where medication (e.g., asthma inhalers, EpiPens) is stored.
- A fully stocked first aid kit is readily accessible.
- Activities are modified to the age and ability levels of the children and the facility available.
- An appropriate amount of time has been allocated to complete the activity.
- The room allows for each child to participate with adequate space.
- A clear and open space is available; all equipment and toys have been put away and there are no sharp edges in the surrounding area.
- The floor surface is not slippery or wet.
- Carpets are secure and do not have loose or rolled edges.
- Children are wearing appropriate clothing (e.g., wearing a hat, sunscreen etc.).
- When participating outdoors, the boundaries and limitations of the play area have been explained.
- Rules and expectations have been reviewed prior to and during the activity.
- Shoe laces are securely tied or appropriate footwear (e.g., stocking feet on carpeted floors) is a minimum requirement.
- There are no scarves or drawstrings that dangle.
- Supervision is appropriate to observe that all children are participating safely.
- Children who are unwell are monitored, shown a modified pace or wait until health has improved to participate.
- Water is available (i.e. water fountain, water bottles etc.) for children to drink and rehydrate as required.

Each school or community venue should have safety guidelines, policies and procedures. Refer to your school administrator, school board or community venue for more information.

JiggiJump Theme Song (Track 1)




Lyrics & Dialogue	Movement
<p>CARDIO</p> <p>JiggiJump! (Jump Jump Jump) Hands up high JiggiJump! (Jump Jump Jump) Touch the sky JiggiJump! (Jump Jump Jump) Hands up high Come on everybody Jigga Jump Jump Jump Jump!</p> <p>Jump up jump in grab a healthy start Burning fuel, being cool and being smart Get real, get going, do it right now Come on, everybody knows how</p> <p>JiggiJump!...</p> <p>It's how we play. It's how we grow. It's what we eat. It's what we know. We know we've got to JUMP!</p> <p>JiggiJump! Hands up high JiggiJump! Touch the sky JiggiJump! Hands up high Come on everybody Jigga Jump Jump Jump Jump!</p>	<p>Jump, hands neutral, then thrust hands high, repeat Jump, hands neutral, then high Jump</p> <p>Jump all around!</p> <p>Same as chorus above</p> <p>Mime baseball with big gestures Start low and grow tall Mime eating with big gestures Point to head with big gestures Jump!</p> <p>Same as chorus above</p>




JiggiJump Healthy Earth Adventure (Track 2)



Lyrics & Dialogue	Movement
<p>WARM UP / DYNAMIC STRETCH: "Healthy Earth, Healthy Me"</p> <p>Hang up the car keys Get off the bus, please It's time to use our own two feet Take a walk. Take a walk. Walk, walk, walk... Healthy Earth, healthy me Healthy Earth, healthy me</p> <p>Hang up the car keys Get off the bus, please It's time to use our own two feet Ride a bike. Ride a bike. Ride, ride, ride... Healthy Earth, healthy me Healthy Earth, healthy me</p> <p>Hang up the car keys Get off the bus, please It's time to use our own two feet It's time to jump. It's time to jump. Jump, jump, jump... Healthy Earth, healthy me Healthy Earth, healthy me</p> <p>You've got the power (you've got...) In your feet To change the world Street by street The earth will see a brighter dawn with your motor off And your heart turned on, yeah...</p> <p>Hang up the car keys Get off the bus, please It's time to use our own two feet It's time to fly. It's time to fly. (wind fx) Fly fly fly... Healthy Earth, healthy me Healthy Earth, healthy me</p>	<p>Walking in place</p>  <p>Mime riding a bike: two hands on handle bars, bend forward slightly, lift one heel up, then the other as if you are pedalling</p> <p>Jumping up and down</p> <p>Walking and singing</p> <p>Hold your arms up above your head as if you're holding a big umbrella that is caught in the wind, let it stretch you</p>

JiggiJump Healthy Earth Adventure (Track 2) cont'd



Lyrics & Dialogue	Movement
<p>DYNAMIC STRETCH (follow the actions in the dialogue)</p> <p>CARDIO: "The Cloud Hop"</p> <p>Way up over the mountain top They do a dance called the Cloud Hop Robin and eagle and little blue jay Do the Cloud Hop most every day</p> <p>Three hops to the left Three hops to the right Jump it all around Cloud hoppin' day and night</p> <p>If I only was light as air If I only could be up there I'd dance in the clouds and never stop I'd dance and dance to the Cloud Hop</p> <p>Three hops...</p> <p>CARDIO: "Don't Treat Me Like Trash"</p> <p>I might not be good for you I might not do what you want me to But hey, newsflash! Don't treat me like trash!</p> <p>Don't throw it away and run away And run away and run away</p> <p>You may think you're done with me I've reached my expiry But hey, newsflash! Don't treat me like trash!</p> <p>Don't throw it away and run away And run away and run away</p>	<p>Follow the actions in the dialogue, stretching with your imaginary umbrella in the wind.</p> <p>Hopping / Jumping</p> <p>Hop three times to the left Then three times to the right Hop and turn around Hop up and down</p> <p>Hopping (You can add some funky hand motions of your own if you like. Try a 60's style 'swim' move or 'mon-key' move).</p> <p>Same as chorus above</p> <p>Keep hopping</p> <p>Running in place</p> 

JiggiJump Healthy Earth Adventure (Track 2) cont'd



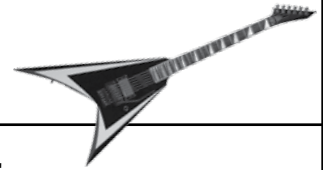
Lyrics & Dialogue	Movement
<p>No, no, no...</p> <p>You jump jump jump away from me. I stay right by your side. You run run run away from me. But you cannot hide!</p> <p>(dialogue)</p> <p>I might not be good for you I might not do what you want me to But hey, newsflash! Don't treat me like trash!</p> <p>Don't throw it away and run away And run away and run away</p> <p>You may think you're done with me I've reached my expiry But hey, newsflash! Don't treat me like trash!</p> <p>Don't throw it away and run away And run away and run away</p> <p>No, no, no...</p> <p>You jump jump jump away from me. I stay right by your side. You run run run away from me. But you cannot hide!</p> <p>(dialogue)</p> <p>CARDIO: Cloud Hopping Reprise</p> <p>Three hops to the left Three hops to the right Jump it all around Cloud hoppin' day and night Cloud hoppin' day and night</p>	<p>Jumping</p> <p>Running, climbing, etc. (follow action in dialogue)</p> <p>Running</p> <div data-bbox="1149 1003 1360 1444" data-label="Image"> </div> <p>Jumping</p> <p>Follow the action in the dialogue including stretching with imaginary umbrella over your head</p> <p>Hop three times to the left Then three times to the right Hop and turn around Hop up and down</p>

JiggiJump Healthy Earth Adventure (Track 2) cont'd

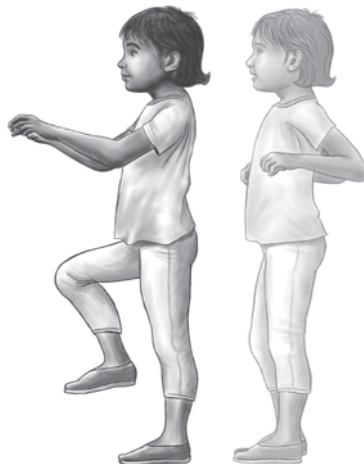


Lyrics & Dialogue	Movement
<p>COOL DOWN: The Water Cycle Song (follow actions in dialogue)</p> <p>Evaporation, condensation, precipitation It's a water celebration</p> <p>Sittin' in the ocean, so happy Tiny drop of water, that is me Sun come shining in my eye Lift me up into the sky That's evaporation...</p> <p>Evaporation, condensation, precipitation It's a water celebration</p> <p>Spread out wide up in the air They call me water vapor. I don't care. I pull myself together and then I'm a drop of water once again That's condensation...</p> <p>Evaporation...</p> <p>Don't look now I'm falling down Little drop of water to the ground It's raining, raining, raining me Run back to my home, back to the sea That's precipitation...</p> <p>Evaporation...</p> <p>STRETCH (Dialogue)</p> <p>Evaporation... Healthy Earth, Healthy Me</p>	<p>Walk or dance in place as you follow the actions in the dialogue including:</p> <ul style="list-style-type: none"> - lift your hands like evaporation rising - point to the clouds (condensation) - show the rain with your fingers (precipitation) <p>Lift hands, point to clouds, make rain, wave hands in the air over your head</p> <p>Sit down</p> <p>Make a "sun" with your hands Stand up and raise your arms up</p> <p>Lift hands, point to clouds, make rain, wave hands in the air over your head</p> <p>Stand up and stretch your arms out wide. Sway arms through the air like a cloud. Bring arms in.</p> <p>Lift hands, etc. (chorus)</p> <p>Fall down</p> <p>Rain motion with hands</p> <p>Lift hands, etc. (chorus)</p> <p>Follow actions in dialogue... Stretch out like a huge snowflake and float down to your seat. Stand up for final chorus</p> <p>Lift hands, etc. (chorus)</p>

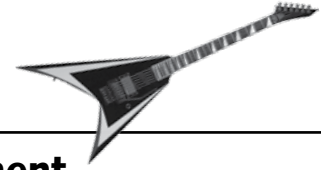
JiggiJump Rock Adventure (Track 3)



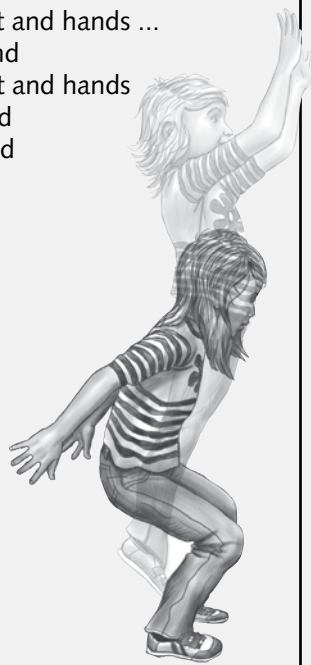
Lyrics & Dialogue	Movement
<p>JUMP UP</p> <p>Jump up, turn around Everybody rock around Punch high with your hand Jump up, turn around Everybody rock around Gonna make a rock n roll band A JiggiJump Rock n Roll band!</p> <p>Repeat</p> <p>THE BODY BAND</p> <p>Well, do you want to make music With your feet and hands? Walkin' to the rhythm of the body band. Just keep up the pattern with your feet and hands. Walkin' to the rhythm of the body band.</p> <p>Like a bass drum thumpin' you can keep the beat. Keep the pattern going when you stomp your feet.</p> <p>Well, do you want to make music With your feet and hands? Dancin' to the rhythm of the body band. Just keep up the pattern with your feet and hands. Dancin' to the rhythm of the body band</p>	<p>Jump high, run around</p> <p>Punch the air four times Jump high, run around</p> <p>Play 'air drums' Jump in place, sway your arms</p> <p>Repeat</p> <p>Follow dialogue instructions</p> <p>Big steps with knees high, bringing opposite elbow to knee</p> <p>Repeat the rhythm stomping right, left – right, left, right</p> <p>Freestyle Dance! 6 claps to the beat</p>



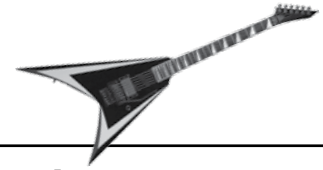
JiggiJump Rock Adventure (Track 3) cont'd



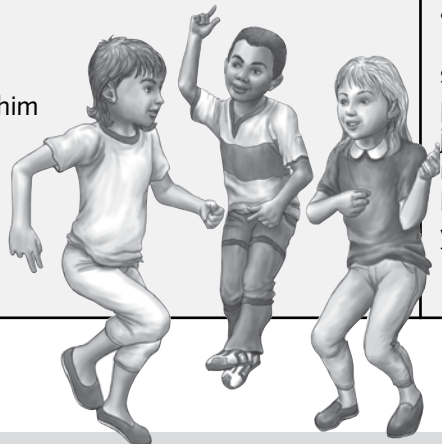
Lyrics & Dialogue	Movement
<p>Snare drum sounding out big and proud, Like the sound of clapping, do it nice and loud!</p> <p>Rockin' to the rhythm of the body band. Rockin' to the rhythm of the body band.</p> <p>Lead guitar screaming out 1, 2, 3, Like a singer who is singing, "Hey listen to me!"</p> <p>Some can be the bass drum. Some can be the snare drum. Some can be guitar.</p> <p>(follow instructions)</p> <p>Now we're making music with our feet and hands ... Jumpin' to the rhythm of the body band Just keep up the pattern with your feet and hands Jumpin to the rhythm of the body band Rockin' to the rhythm of the body band</p> <p>JUMP UP</p> <p>Jump up, turn around Everybody rock around Punch high with your hand Jump up, turn around Everybody rock around Gonna make a rock n roll band A JiggiJump Rock n Roll band!</p> <p>AIR GUITAR</p> <p>Zach can play the air guitar Jumping around like a rock n roll star Just three years old but everybody knows he's the king of the air guitar</p> <p>He can rock and twist yeah right down to the floor Then he holds it high and rocks a little more He can twist it to the left, Yeah, can rock it to the right. Twist and rock all day into the night</p>	<p>Dancing, playing air guitar</p> <p>Jumping to the music</p> <p>Jump high, run around Punch the air four times Jump high, run around</p> <p>Play 'air drums' Jump in place, sway your arms</p> <p>Play air guitar Jumping around and strumming guitar Motion the number 3 with fingers Air guitar</p> <p>Twist down to the floor Strum guitar high Twist left and right Twist!</p>



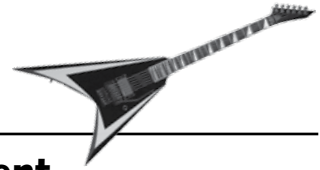
JiggiJump Rock Adventure (Track 3) cont'd



Lyrics & Dialogue	Movement
<p>Zach can play...</p> <p>Fans jump and cheer for Zachy's famous sound Sometimes they chase poor Zachy all around Well some chase him just because young Zach he is a star When he plays that air guitar</p> <p>Zach can play...</p> <p>He can rock and twist yeah right down to the floor Then he holds it high and rocks a little more He can twist it to the left, Yeah, can rock it to the right. Twist and rock all day into the night</p> <p>Zach can play...</p> <p>JUMP UP</p> <p>Jump up, turn around Everybody rock around Punch high with your hand Jump up, turn around Everybody rock around Gonna make a rock n roll band A JiggiJump Rock n Roll band!</p> <p>I LOVE ROCK 'N ROLL</p> <p>My brother walks to Jazz class 'cause it's cool My friend conducts the orchestra in school My mom jumps up for opera, my dad for Nat King Cole But I love Rock and Roll!</p> <p>You can do the swim Do the bump and shimmy shim You can jump it all around Or rock it sitting down Keep a beat in your feet A dance in your soul I love rock and roll!</p>	<p>(chorus actions)</p> <p>Jump and cheer! Run in a circle Run in the spot, arms waving Air guitar</p> <p>(chorus actions)</p> <p>(follow instructions)</p> <p>Twist down to the floor Strum guitar high Twist left and right Twist!</p> <p>(chorus actions)</p> <p>Jump high, run around</p> <p>Punch the air four times Jump high, run around</p> <p>Play 'air drums' Jump in place, sway your arms</p> <p>walking on the spot stop and mime conducting an orchestra jump and pose air guitar</p> <p>swimming motion with arms pop your hip out and shimmy jump in a circle march on the spot keep marching bring hands crossed on your chest</p>



JiggiJump Rock Adventure (Track 3) cont'd



Lyrics & Dialogue

Movement

Walking!

Walking on spot

Next time things don't work out as you had planned
 'Cause you don't have instruments at hand
 There's something you can do,
 when you have some friends with you
 Use your bodies. Make a JiggiJump band

Walking...
 wag your finger in a 'no' motion
 Point forward
 High five your friend
 Drum on your thighs

You can do the swim...

chorus actions

Next time things don't work out as you had planned
 'Cause you don't have instruments at hand
 There's something you can do,
 when you have some friends with you
 Use your bodies. Make a JiggiJump band

Walking...
 wag your finger in a 'no' motion
 Point forward
 High five your friend
 Drum on your thighs

You can do the swim...

chorus actions

(follow stretches)

Keep a beat in your feet
 A dance in your soul
 I love rock and roll!

Walking knees high
 hands on heart
 Strike a rock n roll pose!



JiggiJump Mountain Adventure (Track 4)



Lyrics & Dialogue	Movement
<p>WARM UP / STRETCH: "Going to the Mountains"</p> <p>Early in the morning, stretch out wide We're going to the mountains Get up, get up, get out of bed We're going to the mountains</p> <p>Where the earth can touch the sky Trees and rocks and you and I Air is sweet and cool and dry Up above... in the beauty of the mountains</p> <p>Pick up your backpack and put it on too We're going to the mountains Get your feet moving there's a lot to do We're going to the mountains</p> <p>Where the Earth...</p> <p>Lift your feet over logs and streams We're... Going to the land of many young dreams We're...</p> <p>Where the earth can touch the sky...</p> <p>(Dialogue)</p> <p>Yeah... let's do it!</p> <p>WARM UP --> CARDIO: "And So I Walk"</p> <p>And so I walk (and so I walk) And so I walk (and so I walk) And so I walk into the mountains And so I walk (and so I walk) And so I walk (and so I walk) And so I walk into the mountains</p>	<p>Stretch out arms like you just woke up Make mountain shape over head Stand up Make mountain shape over head</p> <p>Walk in place (you can add hand motions of your own if you like)</p> <p>Mime putting on a back pack, slip one arm in then the other. Make mountain shape Walk with knees high Make mountain shape</p> <p>Walk in place</p> <p>Lift feet up high Mountain shapes... Walk Mountain shapes</p> <p>Walk in place</p> <p>Follow directions in dialogue, miming eagle soaring through the air, stretching wings</p> <p>Keep walking...</p> <p>Walking in place and singing</p>

JiggiJump Mountain Adventure (Track 4) cont'd



Lyrics & Dialogue	Movement
<p>Walking with the wind in my hair Breath in all the beauty of the clean mountain air</p> <p>And so I jog... And so I jog into the mountains And so I jog... And so I jog into the mountains Jogging like a pony at the county fair Walking with the wind in my hair Breath in all the beauty of the clean mountain air</p> <p>And so I run... And so I run into the mountains And so I run... And so I run into the mountains Running with the wind in my hair Jogging like a pony at the county fair Walking with the wind in my hair Breath in all the beauty of the clean mountain air</p> <p>(Dialogue)</p> <p>CARDIO: "We Reached the Top"</p> <p>We reached the top! High five and jump for joy! We reached the top! High five and jump for joy!</p> <p>Get your fists pumpin' in the air 1, 2, 3, 4, 5, 6, 7, 8 Get your fists pumpin' in the air 1, 2, 3, 4, 5, 6, 7, 8</p> <p>Our own two feet took us all the way up here. Without a plane, without a car, without a care... We reached the top!</p>	<p>Jogging in place and singing</p> <p>Running in place and singing</p> <p>Follow instructions in dialogue... Lift knees up high and walk quickly in place with vigorous arms as if you are working hard to climb up a mountain</p> <p>Jump in time to the music like a dance, give eachother "high fives"</p> <p>Pump fists in the air in time to the music, shouting "1, 2, 3," etc. (while still jumping if you can)</p> <p>Stomp your feet. Knees high! Arms stretched like airplane Jumping</p>

JiggiJump Mountain Adventure (Track 4) cont'd



Lyrics & Dialogue	Movement
<p>We reached the top! High five and jump for joy! We reached the top! High five and jump for joy!</p> <p>Get your fists pumpin' in the air 1, 2, 3, 4, 5, 6, 7, 8 Get your fists pumpin' in the air 1, 2, 3, 4, 5, 6, 7, 8</p> <p>Our own two feet took us all the way up here. Without a plane, without a car, without a care... We reached the top!</p> <p>CARDIO: "Avalanche / Landslide"</p> <p>AVALANCHE!</p> <p>Whole mountain's shaking, it's a landslide! Let's get out of here!</p> <p>Rocks and trees and earth collide, it's a landslide! Get far away from here!</p> <p>It's an avalanche! Landslide! Avalanche! Landslide! Avalanche! Landslide! Here it comes, landslide!</p> <p>My whole body's shaking it's a landslide! Let's get out of here!</p> <p>Got a funny feelin, can't be denied Get far away from here</p> <p>Avalanche...</p> <p>(listen to dialogue about running and ducking)</p> <p>Avalanche...</p>	<p>Jump in time to the music like a dance, give eachother "high fives"</p> <p>Pump fists in the air in time to the music, shouting "1, 2, 3," etc. (while still jumping if you can)</p> <p>Stomp your feet. Knees high! Arms stretched like airplane Jumping</p> <p>Walk in place, listen to dialogue</p> <p>KEEP RUNNING! Get away from the avalanche!</p> <p>When you hear "avalanche" put your hands up in the air, then slide them down</p> <div data-bbox="1198 1199 1377 1644" data-label="Image"> </div> <p>Run and Duck</p>

JiggiJump Mountain Adventure (Track 4) cont'd



Lyrics & Dialogue

Movement

COOL DOWN / STRETCH: "Bring it Down the Mountain"

Walk with me and swing your arms.
And bring it down the mountain.
Yeah, walk with me and swing your arms.
Bring it down the mountain

(Dialogue)

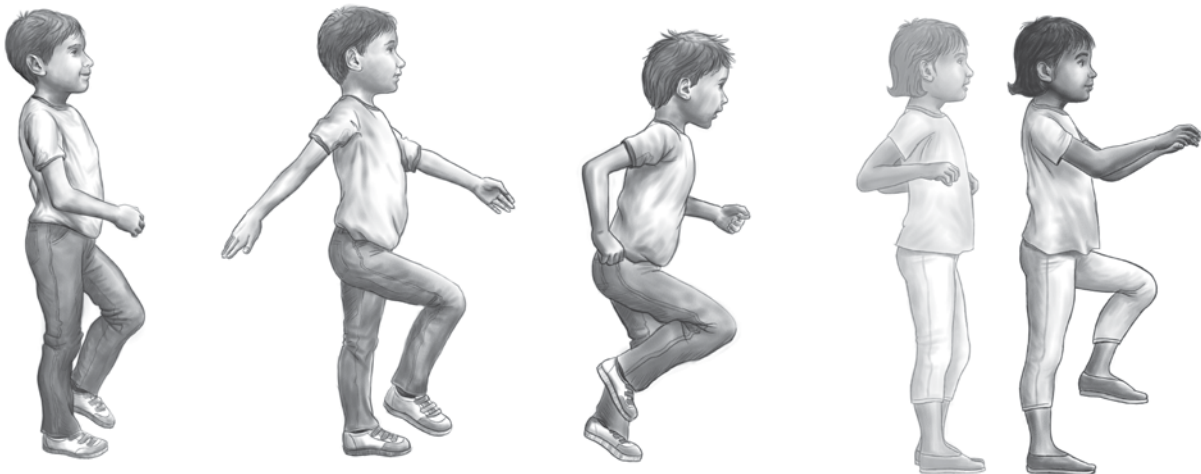
Where the earth can touch the sky
Trees and rocks and you and I
Air is sweet and cool and dry
Up above
In the beauty of the mountain

Follow the dialogue, stopping running,
listening, walking

Walk, swing arms

Follow the dialogue
- reaching back over shoulder and
stretching each arm / shoulder
- stretching foot out in front, stretching
leg

Walking (with optional hand motions
of your own and showing mountains
above your head)



JiggiJump Magic Carpet Adventure (Track 5)



Lyrics & Dialogue

Movement

SO MUCH THE SAME

In my class we play a game
It's called so much different so much the same
You gotta stand up tall if we're talking about you
Then you sit back down
That's all you gotta do

It's so much different
So much the same
So much different
So much the same

If your hair is brown, stand up tall
If your hair is black, stand up y'all
If your hair is blonde, stand up high
If your hair is red, give it a try
Stand up if your hair's not one of these
Now sit back down – everybody if you please

It's so much different so much the same
So much different so much the same

If your eyes are brown, stand up tall
If your eyes are blue, stand up y'all
If your eyes are green, stand up high
If your eyes are hazel, give it a try
Stand up if your eyes aren't one of these
Now sit back down everybody if you please

We've got kids of every shape and size
Different colour skin, different colour eyes
Some from the country, some from the town
It takes all kinds of people to make the world go round

So much different so much the same
So much different so much the same

Sitting or bouncing with hands on knees

Slap your thighs twice
Clap twice
Slap your thighs twice
Clap twice

(follow lyrics)

Slap your thighs twice
Clap twice (repeat)

(follow lyrics)

Slap your legs
Swing your arm like a lasso
Bring your hands down, jazzy fingers
Walk around yourself in a circle

Slap your thighs twice
Clap twice (repeat)





Lyrics & Dialogue	Movement
<p>MAGIC CARPET RIDE</p> <p>(follow the actions in the dialogue)</p> <p>Feet apart Arms out wide Surfing on the wind Gliding in the sky Brown, red, yellow, black and white We are all the colours Of a magic carpet ride</p> <p>Fly down low See different people all from different lands Fly up high See different people together joining hands</p> <p>Feet apart...</p>	<p>Feet apart like you're on a surfboard Arms out wide Mime surfing action</p> <p>Raise your left, then right hands Join hands high, looking at each other Move hands in a wave motion</p> <p>Arms out, down low Wave at the people below Arms out, up high Join hands</p> <p>chorus actions</p> <p>keep walking</p>
<p>CRAZY SQUARE DANCE</p> <p>It's the crazy square dance Frogs are jumpin' in your pants Sisters, cousins, uncles, aunts Join the crazy square dance</p> <p>Everybody forward n' back Mean mosquitoes on attack Everybody dos-i-do Grab your foot ...and kiss your toe</p> <p>It's the crazy square dance...</p> <p>Turn your body round and round Throw a temper tantrum on the ground Look to the sky, slap your thigh A bird dropped something in your eye</p> <p>It's the crazy square dance...</p>	<p>Skip or jump on the spot 4 jumps to the right, knees out 4 jumps to the left, knees in Skip or jump on the spot</p> <p>Step forward, step back Slap mosquitos dos-I-do around a partner grab your foot pretend to kiss your toe</p> <p>chorus actions</p> <p>Turn around Mime a tempter tantrum Look up, slap thigh Point to the sky and mime getting something in your eye – ewww!</p> <p>chorus actions</p>



JiggiJump Magic Carpet Adventure (Track 5) cont'd



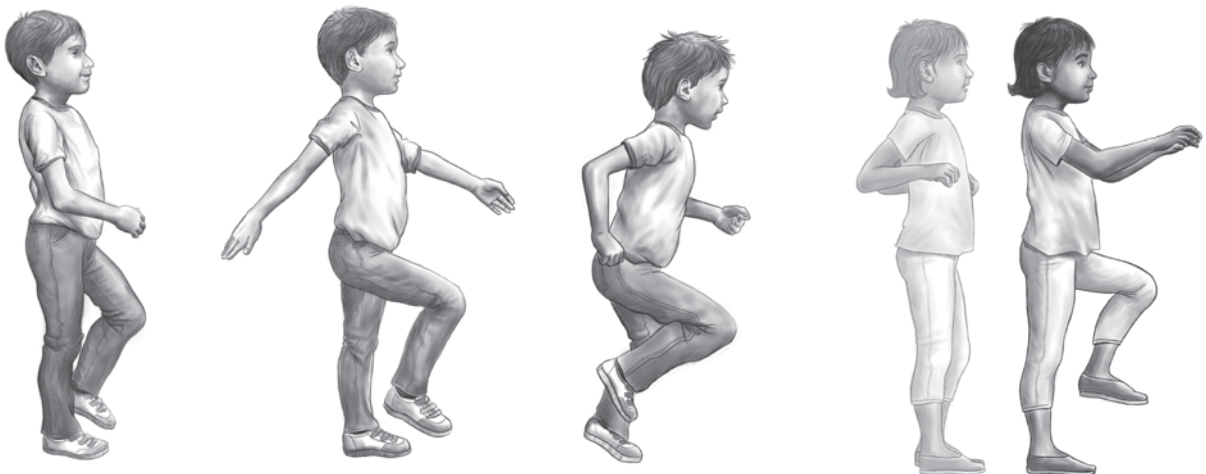
Lyrics & Dialogue	Movement
<p>MAGIC CARPET RIDE (REPRISE)</p> <p>THIS IS NOT THE WAY TO SEE THE CIRCUS</p> <p>This is not the way This is NOT the way This is not the way to see the circus</p> <p>If you go to the circus, you will be so safe Unless of course you find yourself In the lion cage!</p> <p>Jump away jump away from that lion Hurry up. Turn on the gas! Jump away, jump away from that lion Hurry up. You'd better be fast!</p> <p>This is not the way This is NOT the way This is not the way to see the circus</p> <p>If you go to the circus, you will be so safe Unless of course you find yourself In the tiger cage!</p> <p>Jump away jump away from that tiger Hurry up. Turn on the gas! Jump away, jump away from that tiger Hurry up. You'd better be fast!</p> <p>This is not the way This is NOT the way This is not the way to see the circus</p> <p>If you go to the circus, you will be so safe Unless of course you find yourself In the elephant cage!</p> <p>Jump away jump away from that elephant Hurry up. Turn on the gas! Jump away, jump away from that elephant Hurry up. You'd better be fast!</p>	<p>Same as before</p> <p>(follow instructions)</p> <p>Running on spot. Right arm out Running on spot. Left arm out Both arms out, freeze, resume walking</p> <p>Walking on spot Walking and looking around RUN!</p> <p>4 big jumps to the right run on spot 4 big jumps to the left run on spot</p> <p>Running on spot. Right arm out Running on spot. Left arm out Both arms out, freeze, resume walking</p> <p>Walking on spot Walking and looking around RUN!</p> <p>4 big jumps to the right run on spot 4 big jumps to the left run on spot</p> <p>Running on spot. Right arm out Running on spot. Left arm out Both arms out, freeze, resume walking</p> <p>Walking on spot Walking and looking around RUN!</p> <p>4 big jumps to the right run on spot 4 big jumps to the left run on spot</p>



JiggiJump Magic Carpet Adventure (Track 5) cont'd



Lyrics & Dialogue	Movement
<p>This is not the way This is NOT the way This is not the way This is NOT the way This is NOT the waaaaay</p> <p>MAGIC CARPET RIDE (REPRISE)</p> <p>Feet apart Arms out wide Surfing on the wind Gliding in the sky Brown, red, yellow, black and white We are all the colours Of a magic carpet ride</p> <p>Fly down low See different people all from different lands Fly up high See different people together joining hands</p> <p>Feet apart...</p>	<p>Running on spot. Right arm out Running on spot. Left arm out Both arms out, freeze, resume walking</p> <p>(follow instructions)</p> <p>Feet apart like you're on a surfboard Arms out wide Mime surfing action</p> <p>Raise your left, then right hands Join hands high, looking at each other Move hands in a wave motion</p> <p>Arms out, down low Wave at the people below Arms out, up high Join hands</p> <p>chorus actions</p>



Bonus Song:
The Not-So-Hokey Pokey (Track 6)



Lyrics & Dialogue	Movement
<p>You put your right foot in, you put your right foot out You put your right foot in and you shake it all about You do the Hokey Pokey and you rock yourself around That's what it's all about!</p> <p>You put your left foot in...</p> <p>You do the Hokey Pokey You do the Hokey Pokey You do the Hokey Pokey Yeah, oh yeah!</p> <p>You put your right hand in...</p> <p>You put your left hand in...</p> <p>You do the Hokey Pokey You do the Hokey Pokey You do the Hokey Pokey Yeah, oh yeah</p> <p>(Rock yourself around)</p> <p>You do the Hokey Pokey...</p> <p>You put your whole self...</p> <p>You do the Hokey Pokey...</p>	<p>Stand up (in a circle if a group)...Put right foot forward (into circle) and pulling it out per music. Hands in the air, turning around</p> <p>(Same thing with left foot)</p> <p>Hands in the air, waving back and forth (and jumping / dancing)</p> <p>(Same thing with right hand)</p> <p>(Same thing with left hand)</p> <p>Hands in the air, waving back and forth (and jumping / dancing)</p> <p>(Ad lib air guitar and rock dancing)</p> <p>Hands in the air, waving back and forth (and jumping / dancing)</p> <p>Jump forward and backward with whole body</p> <p>Hands in the air...</p>



Bonus Song:
Standing Up (Track 7)

Traditional, Adapted by
Judy & David Gershon



Lyrics & Dialogue

Movement

I get up in the morning with a nasty ring-a-ling
It's my alarm clock screaming so I push down the button thing
Jump up, get outa bed and go downstairs
Eat up all my breakfast, then I get down outa there

Standin' up, sittin down
Feeling like a roller-coaster movin' all around
Standin' up, sittin down
And planting my feet... on the ground

I climb right up into the bus, see my friend and I sit down.
She says 'hey, what's up? What's with the big frown?'
I say 'I'm feelin' like a yo-yo, I'm feelin' like a clown,
I'm gettin' kinda tired'
'Hey now, don't let it get you down!'

Standin' up...

Stand up every time you hear the word "up" and sit down every time you hear the word "down"

Judy & David

Fun, engaging music for growing young minds and bodies...

Engaging a child with music can boost physical and intellectual development. Just as important, it's good plain fun! Parents and educators around the world have discovered that Judy & David's music is perfect for helping kids become an active part of the musical experience.

From the Juno Award-winning classic CD, *Livin' In a Shoe* to the popular math-made-fun recordings in the *MathJam* series, Judy & David's CDs and DVDs are fresh, upbeat and fun for both kids and parents. For more info or to order online, please visit:

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