



JiggaJump Adventures CD Lyrics and Movement Guide

Note:

The following pages are directly excerpted from the **JiggaJump Leader's Guide**. Any page numbers and section references refer to the full guide. The 87 page Leader's Guide has been developed by experts in the field of physical activity. It is a great tool for parents, teachers, and anyone who works with young children. For more information on the JiggaJump Leader's Guide, please visit:

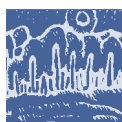
JiggaJump.com

JiggaJump Music Lyrics and Movements



JiggaJump Australia (Approximately 5 min)

JiggaJump Australia is a 5-minute module designed to get kids warmed up and get their hearts pumping. It is perfectly designed to precede another activity that includes cool-down and stretching. JiggaJump Forest follows immediately on the CD and may be used for this purpose. The module features a flight to Australia and a kangaroo jump-along party..



JiggaJump Forest (Approximately 5 min)

JiggaJump Forest is a 5-minute module designed to take kids from vigorous activity back to cool down. It is best preceded by a warm up, dynamic stretch, and cardio activity (such as JiggaJump Australia which precedes it on the CD). The module features a cool-down walk through the forest.



JiggaJump Jungle (Approximately 10 min)

JiggaJump Jungle and the subsequent three modules are all 10-minute full-length JiggaJump modules which take children from warm up to cardio to cool down. This module features an adventure of discovery in a fantasy jungle.



JiggaJump Beach (Approximately 10 min)

JiggaJump Beach features a fun trip to the beach where kids jump in the hot sand and join in a magical run on the bottom of the sea.



JiggaJump Froggie (Approximately 10 min)

Judy & David's frog has run away! JiggaJump Froggie is a silly pursuit of Jumping Jack, the frog, in the bathtub, down the drain and all over town!



JiggaJump Snack Attack (Approximately 10 min)

Pop like a kernel, twist like a twisty ice cream, and boogie with the big bananas in this silly JiggaJump module.

You can use the JiggaJump Music/Movement CD to:

- Provide moderate to vigorous physical activity and movement experiences with young children;
- Provide opportunities for young children to practice and strengthen their gross motor skills;
- Introduce new concepts to young children using music and movement;
- Decrease sedentary “non-active” time;
- Meet the Kindergarten H&PE Curriculum Expectations;
- Meet the Daily Physical Activity requirements for Grades 1-3 in Ontario Elementary schools.

For more information about planning and implementing physical activity opportunities with young children refer to **PART C: SETTING THE STAGE**



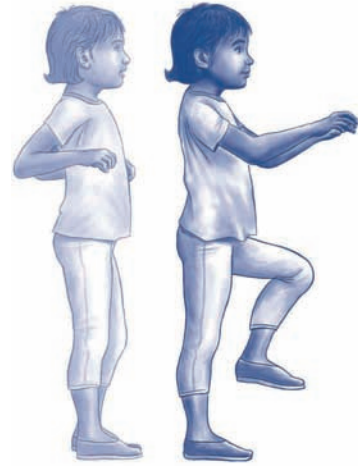
Walk



March



Run



Stair climb



Reach



Growing



Stretching wings



Swing a bat



Be a Tree



Swaying Tree



Kicking Leaves



Jungle Boots

A

Movements



Tie Laces



Touch Head



Touch Knees



Touch Shoulders



Touch Toes



Be a Snake



Be a Spider



Be an Alligator



Vigorous Jump



Twisting Hula



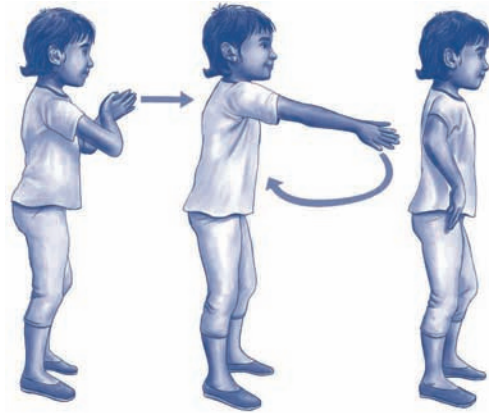
Surfing



Stand on Toes



Front Stroke



Breast Stroke



Back Stroke



Head Stretch



Shrug Shoulders



Looking High



Jumping Jacks



Bouncing at the Knees



Just Dance



Monster Mash



JiggaJump Australia

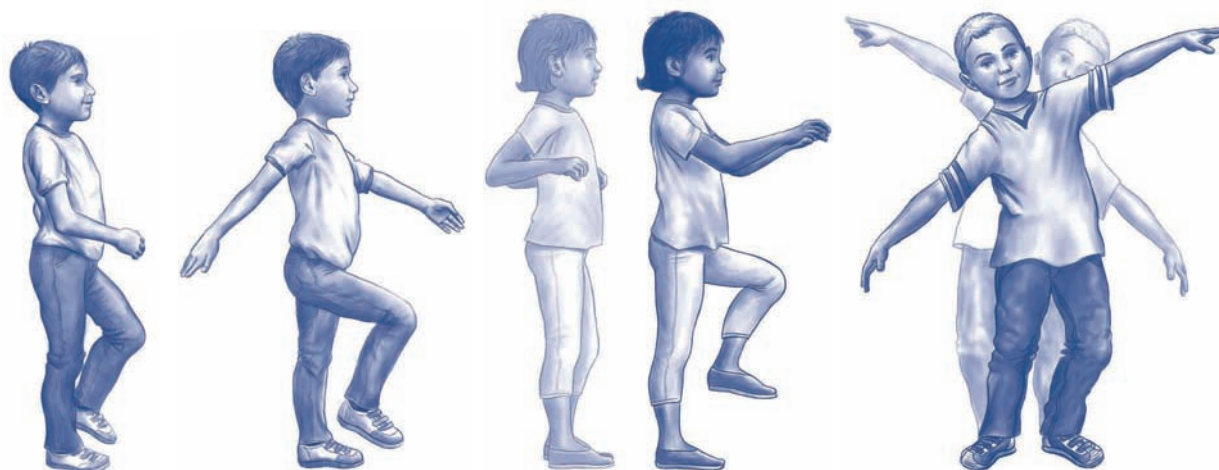
Lyrics & Dialogue	Movement
<p>WARM UP</p> <p>Ready? Ready! Set? Set! Go? Go!</p> <p>Going to the airport...Got to catch a plane Warming up our bodies...Do it all again</p> <p>Climbing up the stairs (repeat) Climbing up the stairs and now we all are here!</p> <p>Put your bags away...And sit down quick Put your bags away...And sit down quick I am really going to enjoy this trip!</p>	<p>Start by marching...</p> <p>Marching / Walking</p> <p>Grab rails, climb stairs</p> <p>Stretch up, squat down Stretch up, squat down Marching</p>
<p>DYNAMIC STRETCH</p> <p>And we're flying through the air When we stretch our wings, we'll fly anywhere Fly to the left, Fly to the right</p> <p>Jet Airplane, Jet Airplane Rolling down the runway, flying in the sky Free as a bird and ten times as high</p> <p>Jet Airplane, Jet Airplane Cutting through the clouds, racing through the wind Flying so fast going to...make the world spin</p> <p><i>Let's land. We're in Australia! Time for kangaroo party! Time to JUMP!</i></p>	<p>Stretching wings (arms)</p> <p>Stretch arms wide to the left, right</p> <p>Bouncing knees with arms wide</p> <p>Arms wide, turn around</p> <p>Bouncing knees with arms wide</p> <p>Arms wide, turn around</p>

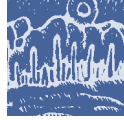




JiggaJump Australia (continued)

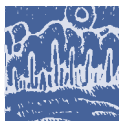
Lyrics & Dialogue	Movement
<p>CARDIO</p> <p>Jiggajump! (Jump Jump Jump) Hands up high Jiggajump! (Jump Jump Jump) Touch the sky Jiggajump! (Jump Jump Jump) Hands up high Come on everybody Jigga Jump Jump Jump Jump Jump!</p> <p>Jump up jump in grab a healthy start Burning fuel, being cool and being smart Get real, get going, do it right now Come on, everybody knows how</p> <p>JiggaJump!...</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>Jiggajump! Hands up high Jiggajump! Touch the sky Jiggajump! Hands up high Come on everybody Jigga Jump 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>





JiggaJump Forest

Lyrics & Dialogue	Movement
<p>CARDIO</p> <p><i>Is your heart pumping? Are you running? Well, keep going!</i></p> <p>My heart is really pumping From a-running and a-jumping Working out and running around My heart is really pumping From a-running and a-jumping But it's time to cool down</p> <p><i>Where do you want to go to cool down? Somewhere cool like the Forest! Slow down when the music does.</i></p> <p>My heart is really pumping From a-running and a-jumping Working out and running around My heart is really pumping From a-running and a-jumping But it's time to cool down It's time to cool down It's time to cool down</p> <p><i>Walking now...lift your knees high...</i></p> <p>It's time to cool down</p>	<p>Running in place</p> <p>Running in place</p> <p>Optional: add some jumping here</p> <p>Still running in place....</p> <p>Still running in place....</p> <p>Optional: add some jumping here</p> <p>Running slower and slower as tempo slows</p> <p>Walking in place, swing arms at sides</p>
<p>COOL DOWN</p> <p><i>Ok, let's go for that walk in the forest now. Walk with me, swing your arms at your sides...</i></p>	<p>Walking in place, swing arms at sides</p>



JiggaJump Forest (continued)

Lyrics & Dialogue	Movement
<p>I love seeing all my friends in the neighbourhood This big old town has got a way of making me feel good But lots of buildings, lots of cars, they have got a way To make me feel, that it's not real...I've got to get away</p> <p>To the forest...Stretch my arms up to the trees The forest...Branches swaying in the breeze The forest...Watch her wake and welcome me The forest, the forest, the forest</p> <p><i>Let's kick the leaves</i></p> <p>Walking through the forest see the leaves on the ground Kick them high and watch them fly and blow all around Wild flower peak on out, through the forest floor You can watch it on tv, but me I want much more</p> <p>To the forest... Stretch my arms...</p> <p><i>Time to grow like the trees</i></p> <p>Start off you're a sapling then you grow up so high And then crouch down real low You're the roots that will grow Your branches grow wide As you grow up to the sky</p> <p>The forest... stretch my arms...</p>	<p>Walking in place, swing arms at sides</p> <p>Walking, reach for the sky with both hands swaying up high Hands down then sway high Hands swaying up high again</p> <p>Swing arms at sides, alternate feet with low forward kicks</p> <p>Same as chorus above</p> <p>Stop walking... Start small, grow up high Get down low again Grow up slowly Reach arms up and out Reach arms high</p> <p>Same as chorus above</p>
<p>STRETCH</p> <p><i>Take a giant step over this stream. You're back foot got stuck in the mud! Let's do a forest footprint...keep your back leg straight and press your heel down into the mud. Put both feet together and take a giant step with your other foot. Let's make another forest footprint. Keep your back leg straight again and press your heel down. Now, stand up straight. Now both feet are stuck in the mud and I just heard an animal behind us. Leave both feet where they are and turn all the way around to one side...to the other side.</i></p> <p>The forest...stretch my arms...</p>	<p>Follow the directions in the dialogue, holding stretches</p> <p>Same as chorus above</p>



JiggaJump Jungle

Lyrics & Dialogue	Movement
<p>WARM UP</p> <p><i>Let's go to the jungle. First we have to get dressed. Take both hands and open the closet door. All the stuff is way up on the top shelf. Reach way up high with one hand and grab some stuff. Take it down. Now reach way up with the other hand and grab some more stuff.</i></p> <p><i>Let's step into these big tall boots. Lift up one leg and slip it into your boot. Now the other leg. Bend over and tie the laces. Put on our JUNGLE VEST. Put on our HELMETS.</i></p> <p><i>You look ready for the jungle. Let's make sure every part is ready. Point to the parts of the body when you sing about them and sing after us!</i></p> <p>Head and shoulders, knees and toes Head and shoulders, knees and toes Eyes and ears and mouth and nose Head and shoulders, knees and toes, knees and toes</p> <p>Head and shoulders...</p> <p><i>Hey, there's the jungle just up ahead, let's walk. It's getting muddy. We have to lift our feet really high. We're covered in mud, but there's a pond. Come on, let's jump in and swim. We'd better swim faster. This is a swamp and there are alligators! Let's get out of the swamp. Can you make big alligator mouths with your arms? Hey, look at all the other animals here in the jungle. Put your hands together and make a snake.</i></p> <p>Now, let's see you be a monkey! Can you be a spider with your fingers?</p> <p><i>Let's be jungle animals!</i></p>	<p>Follow the directions in the text</p> <p>Reach high, bend low</p> <p>Step into boots, stretch down</p> <p>Rotate elbows Mime putting on helmets</p> <p>Hands on head, shoulders, knees, toes Point to eyes, ears, mouth, nose Hands on head, etc.</p> <p>(repeated)</p> <p>Walking Lift feet high</p> <p>Mime jump, swimming arms Faster swimming arms Arms extended in front, do an alligator chomp. Palms together, slithery arms like a snake.</p> <p>Mime a monkey. Mime a spider with fingers curved and pointed to floor.</p> <p>Ad lib wild animals, moving around</p>



JiggaJump Jungle (continued)

Lyrics & Dialogue	Movement
<p>Momma says I'm a wild one And I keep her on her toes I'm movin' like a groovin' little animal And when I stop, nobody knows</p> <p>I'll be a snake and shake and slither to the music Be a spider and slide your body cross the floor...</p> <p>Be a spunky kinda monkey, climbin' high up in the branches A see-you-later alligator, walkin' out the door</p> <p>I'm a beast from the deep of the jungle I'm a creature from the bottom of the sea I'm a sewer rat, I'm a mountain cat Why don't you come, why don't you come on the prowl with me?</p> <p>We'll be a snake...</p> <p><i>Walk with me. We're going to explore the jungle some more. Hey, I think that's a cocoa bean tree up ahead. Come on, let's run.</i></p> <p><i>Wait, there are some monkeys up in those trees and they're throwing things at us. Duck! Run and duck!</i></p> <p><i>Climb up the trees. Hey let's try some of those cool cocoa beans. Wait! These aren't cocoa beans. They're jumping beans! Everybody, let's jump!</i></p>	<p>Walking, and ad lib wild animals...</p> <p>Palms together, slither like a snake Pretend you're a spider while you scurry to the left and right using a side stepping motion.</p> <p>Pretend you're a monkey climbing trees. Big alligator chomps with extended arms</p> <p>Walking, and ad lib wild animals...</p> <p>Slither, etc as above</p> <p>Walking on the spot</p> <p>Running on the spot</p> <p>Running and ducking</p> <p>Mime climbing up the tree</p> <p>Jumping!</p>
<p>CARDIO</p> <p>All the kids are doing it from Jersey to L.A. From half way down to Mexico and up to Hudson Bay It started at a dance when a couple made a scene They were a-boppin up and down just like a jumpin' bean</p>	<p>Jumping</p>



JiggaJump Jungle (continued)

Lyrics & Dialogue	Movement
<p>Beanie beanie pink bikini Faster than a Lamborghini Be a beanie queeny or a king If you hop and bop and never stop And jump all around until you drop Believe me, believe me, you will be a jumpin' bean (Beanie beanie beanie jumpin' bean)</p> <p>Now everybody's joining in the beanie beanie craze I saw my grandma and my grandpa ride the beanie beanie wave Anybody full of beans can do it, all they gotta do Is jump up and down like crazy, like the beanies do</p> <p>Beanie Beanie... (Instrumental) Everybody's doing it... Beanie Beanie...</p>	<p>Jumping Jumping & driving Stop and do king pose Jump Jump and turn around Stop and point to yourself Point to someone else, then jump!</p> <p>Jump Jump, do hula action</p> <p>Jump</p> <p>(Chorus actions) Ad lib jumping Jumping (Chorus actions)</p>
<p>COOL DOWN & STRETCH</p> <p><i>Everybody walking. Walk away from that crazy tree. Let our hearts cool down. Pick up your feet.</i></p> <p>Be a snake!</p> <p>Be a spider!</p> <p>Be a monkey!</p> <p>Be a snake and shake and slither to the music Be a spider and slide your body cross the floor Be a spunky kinda monkey, climbin' high up in the branches A see-you-later alligator, walkin' out the door</p> <p>Be a snake!</p>	<p>Walking, cool down</p> <p>Ad lib snake moves</p> <p>Ad lib spider moves, bend over and touch your eight feet</p> <p>Ad lib monkey moves. Reach up high to branches. Reach wide to branches.</p> <p>(Snake chorus moves – same as above)</p>



JiggaJump Beach

Lyrics & Dialogue	Movement
<p>WARM UP</p> <p><i>Who's ready for the beach? Stand up and walk down to the beach with us. Sing along!</i></p> <p>Going down to the beach with my sunscreen lotion Ooh, yeah, at the beach Take off my shoes and jump in the ocean Ooh, yeah, at the beach There'll be people playing volleyball (People playing...) Flying kites and that ain't all (Flying kites...) Yeah, life will be so sweet At the beach, yeah, at the beach</p> <p>Now hop on your surf boards</p> <p>Ooo-eee... at the beach...</p> <p>Surf's up, come on down</p> <p>Everybody turn around Ooh, yeah, at the beach Twist and dance in the sand In the ocean, on the land Ooh, yeah, at the beach Some folks like to downhill ski (some folks...) That is just too cold for me (That is just ...) 'Cause life can be so sweet At the beach, yeah, at the beach</p> <p>Ooo-eee... at the beach...</p> <p><i>Palm tree stretch.</i></p> <p><i>Flamingo stretch.</i></p> <p>Ooo-ee... at the beach It's an endless summer at the beach</p>	<p>Walking</p> <p>Walking</p> <p>Jump</p> <p>Mimic volleyball</p> <p>Mimic kite flying</p> <p>Walking</p> <p>Mock surfing, arms out at the sides, swaying left and right</p> <p>On your toes, then down again Turn around</p> <p>Twist and dance</p> <p>Mime skiing motion, knees bent, facing down the hill Wave finger "no no" motion</p> <p>Bounce knees</p> <p>Mock surfing</p> <p>Stretch to each side like a tall palm tree in the wind.</p> <p>Pick up one foot behind you and stretch. Switch feet. March with knees high (sing along!)</p>



JiggaJump Beach (continued)

Lyrics & Dialogue	Movement
<p>CARDIO</p> <p><i>Take off our shoes...YIKES... the sand is too hot... JUMP!</i></p> <p>Jumping up and down (2x) I love jumping up and down Jumping up and down (2x) I really love a-jumping up and down</p> <p>I love it when my parents take me to the zoo And I love going into town I love watching Saturday cartoons But not as much as jumping up and down</p> <p>Jumping up and down...</p> <p>I love eating chocolate cake I love pizza in the round I love baking cookies with my pa But not as much as jumping up and down</p> <p>Jumping up and down...</p> <p>I love to run. I love to swing. I love rolling on the ground. I love to skip while I sing a little tune. But not as much as jumping up and down.</p> <p>Jumping up and down...</p> <p><i>Jump up and down with your hands over your head...</i> <i>Jump up and down with your arms out wide...</i> <i>Jump up and down and twist from side to side...</i> <i>Hop up and down on one foot...</i> <i>Hop up and down on the other foot...</i> <i>Now jump like crazy!</i></p> <p>Jumping up and down...</p> <p>Oh I really love my baseball glove, a snuggle-up, a powder puff, a teeter-totter, peanut butter, really love a jumping up and down!</p>	<p>This is a jumping song. Just jump up and down like crazy and sing along. If it is too intense, you can modify by sitting for the verses and jumping for the chorus.</p> <p>Follow instructions in lyrics</p> <p>Note: You can stop running for the verses and do the hand motions, or you can try them while running (more challenging). Don't forget to sing the responses!</p>



JiggaJump Beach (continued)

Lyrics & Dialogue	Movement
<p><i>Time to explore the sea! Let's try running on the bottom of the sea!</i></p> <p>Running, running, running on the bottom of the sea Running, running, running on the bottom of the sea</p> <p>Sharks to the left... Whales to the right...</p> <p>Running...</p> <p>Sand below... Waves up high...</p> <p>Running...</p> <p>See a slithery eel... See a baby seal...</p> <p>Running...</p> <p>Keep running, move arms like you're swimming. Point to the fish..</p> <p>See a dolphin swim... Think I'll play with him...</p> <p>Runnin'...</p>	<p>Running</p> <p>Big arm chomp to the left Bigger arm chomp to the right</p> <p>Running</p> <p>Bend down, pat the ground Stand up, wave arms over head</p> <p>Running</p> <p>Slither like a snake Clap hands with straight arms</p> <p>Running</p> <p>Swimming arms Pointing to the fish</p> <p>Swimming arms</p> <p>Running</p>
<p>COOL DOWN</p> <p>Rockin' on the ocean Rockin' rollin' on the ocean Rockin' on the water, rollin' on the tide Rockin' rollin' on the ocean In a little boat, beneath the summer sky</p>	<p>Start by walking</p> <p>Hula motion on one side, then other</p> <p>Make a boat shape with your arms, then show the sky with your hands above your head</p>



JiggaJump Beach (continued)

Lyrics & Dialogue	Movement
<p>I think I'll go down to the water Rockin' on the water, rollin' on the tide Catch some fish just like I oughta In a little boat beneath the summer sky</p> <p>Rockin' rollin...</p> <p>I'd like to catch a little dinner... If not I'll get a little thinner...</p> <p>Rockin' rollin...</p>	<p>Sway back and forth Hula motion Sway back and forth Hula motion</p> <p>(same as chorus above)</p> <p>Cast your fishing pole and reel it in. Rub your tummy like you're hungry.</p> <p>(same as chorus above)</p>
<p>STRETCH</p> <p>Stretch wings out wide like a seagull. Stretch wings back as far as they'll go. Do a flamingo stretch again, holding one foot in back of you. Feel the stretch in the front of your leg. Switch legs.</p> <p>Rockin' rollin...</p>	<p>Follow directions for a stretch</p> <p>(same as chorus above)</p>





JiggaJump Froggie

Lyrics & Dialogue	Movement
<p>WARM UP</p> <p><i>Go for a walk down to the stream... Crouch down low like a frog and jump... Stand up and walk home to take a bath... Walk up the stairs, lifting knees high... Open the closet door... Reach up high to grab a towel, soap... Swim with your arms...</i></p> <p>I was playing with my froggie in the bathtub On one very cold and rainy day I was playing with this froggie in the bathtub When, whoops, he jumped and got away</p> <p>My froggie is swimming in the bathtub If you've ever been sitting there you'll know So if you feel a little splash (Woo!) Or hear a little croak (Ribbet!) It's just my froggie doing the backstroke</p> <p><i>Swim... Throw arms up and yell 'woo'... Put elbows up in front of face, peek between them and say 'ribbet...' Do the backstroke...</i></p> <p>Someone saw him jump into the laundry Once he ate up half the cookie jar But playing in the depths of the bathtub Is his absolute favourite place by far</p> <p>My froggie is swimming...</p> <p>Well, that is the story of my froggie He may not ever be seen again <i>It's ok David, give yourself a big hug...</i></p> <p>So if you're sitting in the bathtub Doing what you got to do Just remember my little song And remember my froggie too</p> <p>My froggie...</p>	<p>Follow instructions in lyrics</p> <p>Swimming motion</p> <p>Arms out to sides, palms up</p> <p>Swimming Swimming Hands up, palms up Peek through arms Do the backstroke</p> <p>Follow instructions in lyrics</p> <p>Swimming motion</p> <p>(same as chorus above)</p> <p>Swimming, slower then stopping</p> <p>Hug stretch (give yourself a big hug)</p> <p>Mime scrubbing yourself in the bath.</p> <p>(same as chorus above)</p>



JiggaJump Froggie (continued)

Lyrics & Dialogue	Movement
<p>DYNAMIC STRETCH</p> <p><i>Wait, where did my froggie, go? Let's look for him. Swim with your arms and walk with your feet. Turn your head all the way to one side, stretching your neck and call his name. But he doesn't have a name yet. So just call Froggie!... Froggie? Turn it to the other way...Froggie? Where did he go? Shrug your shoulders... I don't know. (a couple times) Oh no I think he went down the drain. We're too big to fit down the drain. We'd better stretch out bodies like a rubber band. Stretch as high as you can...Like a snake that can slip down the drain...Like an eensie weensy spider that can slip down a waterspout...Spread your arms out wide like a spider.</i></p> <p>We did it! We're through. Now walk fast and swing your arms.</p>	<p>Follow instructions in lyrics</p> <p>Walk fast and swing your arms.</p>
<p>CARDIO</p> <p>I'm a gonna get you, I'm a gonna catch you We're gonna have some fun I'm a gonna get you, I'm a gonna catch you Run run froggie, run</p> <p>Run run froggie run yeah. Run run froggie run. Run run froggie run yeah. Run run froggie run.</p> <p>I'm a gonna get you...</p> <p>Run run froggie run...</p> <p>Look high! (Look high!) Look low! (Look low!) Everywhere under the sun! Look high! (Look high!) Look low! (Look low!) Run run froggie run!</p> <p>I'm a gonna get you... Run run froggie run... I'm a gonna get you...</p>	<p>Run and sing!</p> <p>Run and sing!</p> <p>Run and sing!</p> <p>Looking high (hand over eyes) Look low, Look all around Looking high (hand over eyes) Look low, Running</p> <p>Run and sing! Run and sing! Run and sing!</p>



JiggaJump Froggie (continued)

Lyrics & Dialogue	Movement
<p><i>Let's march!</i></p> <p><i>Everybody do jumping jacks and repeat after me...</i></p> <p>I found my froggie way out back He jumped behind the big haystack</p> <p>Jumping Jack, Jumping Jack I call my froggie Jumping Jack</p> <p>March little froggie, march on back March right back into our shack</p> <p>He jumped away but I got him back I love my little Jumping Jack</p> <p>Jumping Jack, Jumping Jack I call my froggie Jumping Jack</p>	<p>Marching</p> <p>Jumping jacks</p> <p>Jumping jacks</p> <p>Marching (knees high)</p> <p>Jumping jacks</p> <p>Jumping jacks</p>
<p>COOL DOWN</p> <p>Walk back home, pick up your knees, swing arms... Hug arms at chest... Gentler walk... Bend over and gently put froggie down Crouch down into a little ball Stand up, hands on knees, arch back Stand up high, stretch arms high in the air</p> <p>So if you're sitting in the bathtub Doing what you got to do Well, just remember my little song And remember my froggie too.</p> <p>My froggie is swimmin' in the bathtub If you've ever been sittin' there you'll know So if you feel a little splash (Woo!) Or hear a little croak (Ribbet!) It's just my froggie doin' the backstroke</p>	<p>Follow instructions in lyrics</p> <p>Mime scrubbing yourself in the bath.</p> <p>Swimming Swimming Hands up, palms up Peek through arms Do the backstroke</p>



JiggaJump Snack Attack

Lyrics & Dialogue	Movement
<p>WARM UP</p> <p><i>Let's make big circles in the air. Stretch your arms up high and make big circles above your head...Stop moving your arms, and sit down when I say the word "bagel". And if we're already sitting down, then stand up!</i></p> <p>My bagel lies over the ocean My bagel lies over the sea My bagel lies over the ocean So bring back my bagel to me</p> <p>Bring back, bring back Oh bring back my bagel to me, to me Bring back, bring back Oh bring back my bagel to me</p>	<p>Follow instructions in lyrics</p> <p>Up and down from chair to standing on the word Bagel, then on words that start with the letter B. Some verses will have extra B letter words and some will try to trick the listener!</p>
<p>DYNAMIC STRETCH</p> <p>Try twisting all the way to one side. Now, twist to the other side.</p>	<p>Keep your feet moving as you twist stretch to one side then the other.</p>
<p>CARDIO</p> <p>My daddy used to take me to the ice cream shop Hot fudge sundae with cherry on top He'd buy me all my eyes could see But he would not let me taste that...</p> <p>Twisty.....FREEZE (3x) You just twist your body, bend your knees And when you hear that word you've got to FREEZE!</p> <p>There are things that a kid should know Like how to tie a knot or how to tie a bow Don't mean to be rude, don't mean to tease But don't you ever taste that...</p>	<p>Twist dance however you like: high, low, two feet, one foot, arms high, arms low, or whatever silly way you like. Always freeze the pose on the word "freeze".</p>



JiggaJump Snack Attack (continued)

Lyrics & Dialogue	Movement
<p>Twisty.....FREEZE...</p> <p>One day he looked me in the eye He said "You're old enough to know the reason why" You just can't stop, it's so good, you see... Your feet just want to do the Your hips just want to do the Your hands just want to do the Your tongue blah blah blah..."</p> <p>Twisty.....FREEZE (3x) You just twist your body, bend your knees And when you hear that word you've got to When you hear that word you've got to When you hear that word you've got to FREEZE TW I S - T E E (1-2-3...) FREEZE!</p> <p><i>Let's have a real treat now: POPCORN! Start out small like a popcorn kernel, then pop up high with your arms out wide!</i></p> <p>Sizzle...sizzle...pop pop pop (repeat)</p> <p>Little tiny kernel on the bottom of the pan Pop up high. High as you can.</p> <p>Woah.....</p> <p>It's It's Popcorn!...</p> <p>Little tiny kernel in a microwave Give me what you know I crave</p> <p>Woah....</p> <p>Now, dance little kernels!</p> <p>Sizzle...sizzle...pop pop pop (repeat)</p>	<p>Get down low & rub hands together for 'sizzle'. Pop up for "pop"</p> <p>Down low, like a popcorn kernel, bouncing knees, get ready to pop.</p> <p>Slowly stand up. Pop up like popcorn (i.e., jump, pop hands up on the word 'popcorn')</p> <p>Down low, like a popcorn kernel, bouncing knees, getting ready to pop.</p> <p>Same as chorus above</p> <p>Freestyle dancing and "popping".</p> <p>Get down low & rub hands together for sizzle. Pop up like popcorn for "pop"</p>



JiggaJump Snack Attack (continued)

Lyrics & Dialogue	Movement
<p>Woah...It's popcorn!...</p> <p>Sizzle...sizzle...pop pop pop Sizzle...</p> <p>Woah.....POP!</p>	<p>Crouch down again, pop up on 'popcorn'</p> <p>Get down low & rub hands together for sizzle. Pop up like popcorn for "pop" Stand up slowly...pop up, arms high and wide.</p>
<p>COOL DOWN</p> <p><i>Let's cool down. Walk with me, we'll find some bananas. Hold up one finger, then 2, then 3!</i></p> <p>One big banana Two big bananas Three big bananas make a bunch</p> <p><i>Now do the hula!</i></p> <p>Down in Zula Zula they do the Hula Hula With one big banana Oh yeah they do the Hula Hula way down in Zula Zula With one big banana Do the Hula Hula when you really wanna munch Three big bananas make a bunch</p> <p>One big banana...</p> <p><i>Now mash those bananas with your hands and feet.</i></p> <p>Down in Washa Washa they will masha masha masha their one big banana They will masha masha masha down in Washa Washa Their one big banana Do the Masha Masha when you really wanna munch Three big bananas make a bunch</p> <p>Banana tree way down low (repeat) Come on now watch it grow Banana tree grow out wide Reach out to the sky</p>	<p>Start walking. Continue walking through chorus:</p> <p>1 finger held up 2 fingers held up 3 fingers, then clasp hands together</p> <p>hula 1 finger up and walk. hula 1 finger up and walk. hula 3 fingers, then clasp hands.</p> <p>(chorus)</p> <p>mash with hands and feet 1 finger mash 1 finger mash 3 fingers, then clasp hands</p> <p>Dance down low Start to grow Reaching wider Reach high, touch the sky</p>



JiggaJump Snack Attack (continued)

Lyrics & Dialogue	Movement
<p>One big banana...</p> <p><i>Now do the shake. Shake your hands and shake one foot at a time.</i></p> <p>Way down in Laka-Laka they can do the shaka shaka With one big banana They can do the shaka shaka way down in Laka Laka With one big banana</p>	<p>(chorus)</p> <p>Shake hands and one foot. 1 finger up and walk. Shake hands and other foot. 1 finger up and walk.</p>
<p>STRETCH</p> <p><i>Do the banana split stretch. Spread your legs, and stretch towards one of them. Now, stretch towards the other. Now, when the song is over, you can think of more banana stretches to do. But don't forget...</i></p> <p>Three big bananas...make a bunch!</p>	<p>Follow the stretch directions in the dialogue.</p>

