

## **Chair Can Can**

Oh, fun! We get to do the “Chair Can Can.”

Sit in your seat and bounce your feet up and down to the beat.

Bend right knee and then kick. (Right knee up and kick out.)

Bend left knee and kick. (Left knee up and kick out.)

Cross kick right and then cross kick left. (Kick feet in opposite directions.)

Rainbow arms from left to right. (Swish arms in a big arch.)

Bounce your feet up and down as you rainbow your arms.

Right heel up. (Put up right heel.)

Left heel up. (Put up left heel.)

Open and close arms like an elevator door. (Open arms out and together.)

Hands on the sides of your chair and lift and sit. (Lift body.)

Lift, hold, hold, sit. (Lift, hold for several seconds, and sit.)

Kick right leg out straight and the left leg out straight. (Kick straight leg.)

Wave arms high in the air. (Arms up and move back and forth.)

Take a bow.

Activities: Play follow the leader and let children follow along as classmates make up exercises to do sitting down.

Play country music and do “seat square dancing” by with the do-se-do, honoring your partner, shaking hands, etc.

Give children paper plates to clap, shuffle, wave, and make other motions to music as they sit in their chairs.