**Created for the song: Crazy Frog Jingle Bells (**[**iTunes**](https://itunes.apple.com/us/album/jingle-bells-single-mix/93350997?i=93351004)**) Get the Instructional Video on (**[**YouTube**](https://youtu.be/wIwWcHE6yBc)**)**

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| **Music Cue** | **Movement Description** | **Counts** |
| Introduction | Put arms in the air and wave them around | N/A |
| *Jingle Bells* melody (no lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows and swing in a circle. On 8th count, throw hands up in the air and say, “hey!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *Jingle Bells* (with lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows and swing in a circle. On 8th count, throw hands up in the air and say, “hey!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *Dashing through the Snow* melody (no lyrics) | *Student-created movements; can be the same 8-count repeated 4 times, or 4 different 8-counts* | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *Jingle Bells* (with lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows and swing in a circle. On 8th count, throw hands up in the air and say, “hey!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |

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| **Music Cue** | **Movement Description** | **Counts** |
| *Jingle Bells* melody (no lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows, swing in a circle, on 8th count, hands-up, “HEY!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *Dashing Through the Snow* melody (no lyrics) | Student-created movements; can be the same 8-count repeated 4 times, or 4 different 8-counts | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| Interlude | Freestyle! Or, walk to a large circle and walk/skip/etc. in a circle. | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *It’s Christmaaaaaas!* | Walk back to your partner. Put arms in the air and wave them around | 1-2-3-4-5-6-7-8 |
| *Jingle Bells* melody (no lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows, swing in a circle, on 8th count, hands-up, “HEY!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| *Jingle Bells* (with lyrics) | High five with the R hand 3 times fast | 1-&-2 |
| High five with the L hand 3 times fast | 3-&-4 |
| High five with both hands 3 times fast | 5-&-6 |
| Throw hands up in the air and say, “hey!” | 7-8 |
| Lock elbows, swing in a circle, on 8th count, hands-up, “HEY!” | 1-2-3-4-5-6-7-8 |
| Repeat all | 1-2-3-4-5-6-7-8  1-2-3-4-5-6-7-8 |
| Conclusion | Put arms in the air and wave them around | N/A |