



JINGLE BELLS

Created for the song: Crazy Frog Jingle Bells ([iTunes](#)) Get the Instructional Video on ([YouTube](#))

Music Cue	Movement Description	Counts
Introduction	Put arms in the air and wave them around	N/A
<i>Jingle Bells</i> 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 8 th 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
<i>Jingle Bells</i> (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 8 th 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
<i>Dashing through the Snow</i> melody (no lyrics)	<i>Student-created movements; can be the same 8-count repeated 4 times, or 4 different 8-counts</i>	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
<i>Jingle Bells</i> (with lyrics)	High five with the R hand 3 times fast	1-&-2
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	Throw hands up in the air and say, "hey!"	7-8
	Lock elbows, swing in a circle, on 8 th 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
<i>Dashing Through the Snow</i> 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
<i>It's Christmaaaaaas!</i>	Walk back to your partner. Put arms in the air and wave them around	1-2-3-4-5-6-7-8
<i>Jingle Bells</i> melody (no lyrics)	High five with the R hand 3 times fast	1-&-2
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Conclusion	Put arms in the air and wave them around	N/A