**Practice each sequence on your own for 30 seconds before working on the next sequence.**

**Perform this 2-Part Dance in Pairs OR Groups of 3**

**Part 1 (for Groups of 3): The Hand Sequence**

**Stand in a Triangle.**

* Step 1: Pat Thighs x2
* Step 2: Pat Stomach x2
* Step 3: “Flip Flop” Hands Claps – R Palm Face Down, L Palm Face Up, High 5 Up then Down
* Step 4: Single Hand Claps x2 – R Hand High Five R Partner x2, L Hand High Five L Partner x2
	+ (Perform Single Hand Claps L and R at the same time)

**Repeat x4 or until you reach the Chorus of the Song**

**Part 1 (for Pairs): The Hand Sequence**

**Stand facing your partner.**

* Step 1: Pat Thighs x2
* Step 2: Pat Stomach x2
* Step 3: “Flip Flop” Hands Claps – R Palm Face Down, L Palm Face Up, High 5 Up then Down
* Step 4: Partner Hands Claps – Both Hands High 5 Partner in front of you x2

**Repeat x4 or until you reach the Chorus of the Song**

Part 2 (for Groups of 3): Jumping Pattern

**Stand in a triangle.** Each person has a letter position. Practice completing each of your jumping sequences at same time. Each full jump completed should be a jump forward and a jump back to return to the location you started,

*Optional: It may be helpful to hold hands or gently hold each other’s forearms or shoulders.*

* Student 1: Middle, Left, Right
* Student 2: Right, Middle, Left
* Student 3: Left, Right, Middle

**Repeat x5 or length of Chorus**

**Part 2 (for Pairs): Jumping Pattern**

**Stand facing your partner.** Practice completing your jumping sequences at the same time.

*Optional: It may be helpful to hold hands or gently hold each other’s forearms or shoulders.*

**Both Students:**

* Step A: Jump Left Forward and Back
* Step B: Jump Right Forward and Back
* Step C: Straddle Jump Out Center, Jump Back In Feet Together

**Repeat x5 or length of Chorus**

**Full Dance Choreography for Groups of 3**

**Stand in a Triangle.**

**Part 1: The Hand Sequence (Repeat x4 or until you reach the Chorus of the Song)**

* Step 1: Pat Thighs x2 (Thighs Thighs)
* Step 2: Pat Stomach x2 (Belly Belly)
* Step 3: “Flip Flop” Hands Claps (Flip Flop)
* Step 4: Single Hand Claps x2 (Up Top)

Part 2: Jumping Pattern (**Repeat x5 or length of Chorus)**

* Student 1: Middle, Left, Right (1, 2, 3)
* Student 2: Right, Middle, Left (1, 2, 3)
* Student 3: Left, Right, Middle (1, 2, 3)

**In Pairs Facing Partner:**

* Step 1: Pat Thighs x2 (Thighs Thighs)
* Step 2: Pat Stomach x2 (Belly Belly)
* Step 3: “Flip Flop” Hands Claps (Flip Flop)
* Step 4: Partner Hands Claps (Up Top)

**Repeat x4 or until you reach the Chorus of the Song**

**Part 3 Jumping Pattern**

* Step A: Jump Left Forward and Back
* Step B: Jump Right Forward and Back
* Step C: Straddle Jump Out Center, Jump Back In Feet Together

**Repeat x5 or length of Chorus**