

The Shaker Hop “The Bunny Hop” by Leonard Auletto, Ray Anthony c.1954

Put your shaker in, put your shaker out
Do the Shaker Hop, Hop Hop Hop!
Put your shaker in, put your shaker out
Do the Shaker Hop, Hop Hop Hop!
Put your shaker in, put your shaker out
Do the Shaker Hop, Hop Hop Hop!

During the instrumental interlude you may dance, march, or do a movement of your choice – sometimes we walk backward! Then repeat the whole sequence.

I use “bottle shakers” – see my website for directions – but any kind of maracas, egg shakers, film can shakers – anything safely sealed can be used. One per participant.