

MMM Warm-Up Song

Lyrics & Music By: Peggy Collins



<u>LYRICS</u>	<u>MOVEMENTS</u>
Verse Are you feeling kind of HOT?	Verse Movements Use right hand to rub across brow while saying "whew," and then use left hand to rub across brow while saying "whew."
Are you feeling kind of COLD?	Criss-cross arms and hug self while shivering and saying "brrrrrrr."
Are you feeling like you're ready to learn something new and BOLD?	Point to temples, then strike a muscle pose with the word bold.
Chorus 'Cuz we're gonna use MUSIC! MOVEMENT! MAGINATION!	Chorus Movements Slap hand on thighs and yell " music. " Clap hands one time together and yell " movement. " Jump once with hands in the air and yell " magination. "
So much learning to do.	Point first fingers out and alternate arms in and out while wiggling back and forth to the music and singing.
MUSIC! MOVEMENT! MAGINATION!	Slap hand on thighs and yell " music. " Clap hands one time together and yell " movement. " Jump once with hands in the air and yell " magination. "
Fun for me and YOU!	Thumbs pointing in to chest on "me" and fingers pointing out and freeze on " you. "
Repeat Chorus	Repeat Chorus Movements

