

## kindyRock Twist

*Action song.*



Twist, twist, twist. Twist your hips.  
Clap, clap, clap. Clap your hands.  
Jump, jump, jump. Jump so high!

**Let's do the kindyRock Twist.**  
**I'm gonna twist so low.**  
**Let's do the kindyRock Twist.**  
**How low can you go?**  
**Turn around and touch the ground.**  
**Doing the kindyRock Twist.**

Shake, shake, shake. Shake your arms.  
Wiggle, wiggle, wiggle. Wiggle your knees.  
Stamp, stamp, stamp. Stamp your feet.

### **Chorus**

Come on, twist! Clap! Jump! Now, shake! And wiggle! And stamp!

### **Chorus**

*Actions: Stand up and follow the words for the actions to this song.*

#### **Musical Skills:**

Pitch - simple melody lines.  
Pitch - finding the "low" note (how low can you go).  
Tone Colour - hearing the difference between a female and male vocal voice.

#### **Other Skills:**

Motor skills – different actions.  
Language – words associated with different actions (e.g. twist, shake) and different parts of the body ( e.g. hips, arms etc).

#### **Extension Activities:**

Children to make up new actions for each body part.  
Discuss action language in the song and other things that make the same action e.g. What do you know that twists?