

Un poquito

Suitable for ages 9 and up



*Un poquito cantas, Un poquito bailas,
Un poquito le-lo-la, Com un canario
Le-lo-la, le-lo-la, le-lo, le-lo, le-lo-la
Le-lo-la, le-lo-la, le-lo le-lo-la*

(a little singing, a little dancing, a little le-lo-la like a canary)

Instructions:

Perform the following actions during the first two lines

1st Beat: Tap right shoulder, click fingers of right hand

2nd Beat: Click fingers of left hand, Tap left shoulder

3rd Beat: Click fingers of right hand, click fingers of left hand

4th Beat: Clap

Repeat but starting by tapping left shoulder as follows:

1st Beat: Tap left shoulder, click fingers of left hand

2nd Beat: Click fingers of right hand, tap right shoulder

3rd Beat: Click fingers of left hand, click fingers of right hand

4th Beat: Clap

Perform the following actions for the third and fourth lines of the song

1st and 2nd Beats: Tap knees four times (right / left / right / left)

3rd and 4th Beats: rest, clap three times

CHALLENGE:

Add the following pattern with your feet

Whilst counting 1 2 3 1 2 3 1 2 , Step on the bold numbers shown below but still count the others:

1 (2 3) **1** (2) **3** **1** (2)

Add the pattern in your feet to the pattern in your hands.

This activity is taken from Singing Games and Rhymes for ages 9 to 99