

Rocky Mountain

For ages 7+



Rocky Mountain, rocky mountain, rocky mountain high
When you're on that rocky mountain hang your head and cry.
Do, do, do, do, do remember me
Do, do, do, do, do remember me

Cup Game:

You will need two cups placed in front of you side by side.

Line one

Rocky Mountain: (following the rhythm of the words) tap one cup, tap other cup, click fingers of one hand, click fingers of other hand (3 times in total)

High: Beat one: Pick up cups and turn them over/ beat two: place them back on the floor

Line two

Following the rhythm of the words: tap one shoulder, tap other shoulder, click fingers of one hand, click fingers of other hand (3 times in total)

On the word *cry:* Beat one: Pick up cups and turn them back over/beat two place them on the floor.

Line three

Beat one: Tap one cup then other cup

Beat two: Pick up one cup (turning it over), pick up other cup turning it over

Beat three: Place one cup down (open end up), place other cup down (open end up)

Beat four: Pick up one cup (turning it over), pick up other cup turning it over

Beat five: Place both cups down together

Beat six: Clap hands

Beat seven: click fingers in both hands

Beat eight: Clap hands

Line four

Repeat as for line three

If you have someone at home to play the game with then try singing it in canon. The second voice enters after two lines.

This song is taken from the NYCOS *Go for Bronze* publication