

The Sailors Hornpipe

For ages 9+



Just "diddle" along to the melody!

Cup Song:

Place two cups side by side

1st part

- Upbeat: Click fingers of one hand then fingers of the other hand
- Beat one: Tap both cups and pick them up
- Beat two: Tap them both on the floor
- Beat three: Tap them both on the floor again
- Beat four: Click fingers of one hand then fingers of the other hand
- Beat five: Tap one cup then the other cup
- Beat six: Tap the floor with one hand then the floor with the other hand
- Beat seven: Tap one cup then the other cup

Repeat all of the above again but on beat six and seven end with a clap on each beat

2nd part

- Upbeat: Click fingers of one hand then fingers of the other hand
- Beat one: Pick up the cup on right side with right hand twisting to upturn
- Beat two: Tap open end of cup with left hand
- Beat three: Place cup in right hand on top of cup on left hand side
- Beat four: Twist our hands so that left hand grasps bottom cup and right hand grasps top cup
- Beat five: Place cup on left side upturned and cup on right side open end down
- Beat six: Twist left hand to grasp cup
- Beat seven: Place left cup on top of right
- Beat eight: Twist right hand to pick up the two cup "Pile"
- Beat nine: With left hand take bottom cup off
- Beat ten: Put cup in right hand down
- Beat eleven: Put cup in left hand down
- Beat twelve: Pick up right cup twisting to turn
- Beat thirteen: Pick up left cup twisting to turn
- Beat fourteen: Tap floor with both cups
- Beat fifteen: Tap floor with cups once more

3rd Part

- Upbeat: Click fingers of one hand then the other
- Beat one: Tap one cup then the other cup
- Beat two: Tap floor with one hand then the other
- Beat three: Tap one cup then the other
- Beat four: Click fingers of one hand then fingers of the other hand

Beat five: Tap the cups with both hands and pick up
Beat six: Tap floor with both cups
Beat seven: Tap floor with both cups one more time

(repeat the whole pattern again)

4th part

Repeat 2nd Part one more time

Traditional Folk Melody