

Sarasponda

For ages 7+



Sarasponda, sarasponda, sarasponda ret, set, set

Sarasponda, sarasponda, sarasponda ret, set, set.

Adoreo, adore bunde o

Adore bunde ret set set

Hase pase o!

Instructions:

Sarasponda is a Dutch spinning song. You will need a pair of sticks/chopsticks/pencils etc.

Start with the drumsticks on the floor

Sarasponda

On the upbeat: Pick up the sticks

Beat one: Cross over and place on floor

Beat two: Pick up

[Repeat beat one, beat two and beat one]

Ret set set:

Tap the floor (with right and left hands on either side of the sticks) to the rhythm of the words

[Repeat the whole of the above one more time]

A...: pick up sticks

Beat one: Tap the floor with the sticks

Beat two: Click the sticks together in the air

Beat three: With sticks held vertically, tap floor with the bottom of the sticks

Beat four: Throw the sticks to change hands

[repeat the whole of the above one more time]

Adore bunde ret set set

Beat one: Tap one stick on the floor

Beat two: Tap second stick on the floor

Beats three and four: Click sticks to the rhythm of the words (ret set set) lifting the sticks higher each time to show the shape of the melody

Hase pase o

Hase: Tap the floor with the sticks held vertically

Pase: Throw sticks to change place

O: Place the sticks on the floor one more time ready to start the whole song again.

This song is in *Singing Games and Rhymes for Middle Years 2*, the game is [new](#)