

HAMSTER DANCE

Formation: one large circle

Music: Hamster Dance by ?

INTRO: 18 Beats: - knees bounces with hands on knees

18 Beats: - face right / walk around in circle / face center

PART A: 4 Beats: - hop on left, touch right foot in front twice, back twice

4 beats: - hop on right, touch left foot in front twice, back twice

8 Beats: - jump (1 beat), cross legs (1 beat)
- repeat this 3 more times.....alternate leg cross
- on last leg cross, face outside of circle

REPEAT PART A 7 MORE TIMES

PART B (vocals): 8 Beats: - 8 Monkeys (facing in)

8 Beats: - 8 Claps (facing out)

16 Beats: - repeat monkeys and claps

REPEAT PART A 8 TIMES

REPEAT PART B

REPEAT PART A 4 TIMES

*walk in circle (right) to end