

## **The Chicken Dance:**

### Music:

1. *The Chicken Dance (Dance Little Birdie)* by The Emeralds.

Steps: (Place students in a scattered formation around the room, in a large circle, or standing in a circle facing each other).

1. Hold your hands in a "bye-bye" position, and pretend they are your beaks.
2. "Chirp" your fingers four times (4 counts).  
(#1 & #2: hold your hands out in front of you and open and close them like a chicken beak four times).
3. With your arms in "wing position" (hands tucked in armpits), flap your wings 4 times (4 counts).  
(#3: Put your thumbs in your armpits and flap your wings four times).
4. "Wiggle your tail feathers" down to the floor 4 times (4 counts).  
(#4: Place your arms and hands like the tail feathers of a chicken and wiggle down to the floor four times).
5. Clap your hands 4 times (4 counts).  
(#5: Clap four times).
6. Repeat all of the movements above three more times, to complete the chorus.  
(#6: Repeat steps 1-5 four times).  
\*Perform the above movements each time you hear the chorus.
7. During the verses of the song, have the children move through the general space creatively, or as you direct.
8. This is a good time to practice and/or assess locomotor movements (e.g. skip, hop, jump, leap) and movement concepts (e.g. levels, direction, pathways) that you have previously taught.
9. Alternative: After the fourth time take the hands of the people on either side of you and everyone move in a circle. When you get dizzy, switch directions. Repeat until the end of the music or until you fall on the floor.