

Chicken Noodle Soup Dance

(2006)

Let it Rain

Wiggle fingers
Push your elbows down towards the ground

Clear it Out

Wiggle fingers
Push your elbows towards your back

*Repeat 4x

Let's Get It

Fist Pumps above your head
Jumping or Twisting

*Repeat 8x

Let it Rain

Wiggle fingers
Push your elbows down towards the ground

Clear it Out

Wiggle fingers
Push your elbows towards your back

*Repeat 2x

Chicken Noodle Soup

Make Fists
Arms punch down by your sides
Arms cross at wrists in front of you

Legs

Kick right leg to the side
Kick left leg to the side

*Repeat 3x

Soda on the Side

Pretend you have a soda in your hand
Pop the lid open
Take a sip

*Repeat Chicken Noodle Soup Sequence 4x

Let's Shake it

Fist Pumps above your head
Jumping or Twisting

*Repeat 6x

Let it Rain

Wiggle fingers
Push your elbows down towards the ground

Clear it Out

Wiggle fingers

Push your elbows towards your back

*Repeat 2x

I was on 119th in Lexington

*Freestyle

Let it Rain

Wiggle fingers
Push your elbows down towards the ground

Clear it Out

Wiggle fingers
Push your elbows towards your back

*Repeat 2x

I was on 114th in Lexington

*Freestyle

Chicken Noodle Soup

Make Fists
Arms punch down by your sides
Arms cross at wrists in front of you

Legs

Kick right leg to the side
Kick left leg to the side

*Repeat 3x

Soda on the Side

Pretend you have a soda in your hand
Pop the lid open
Take a sip

*Repeat Chicken Noodle Soup Sequence 2x

Let it Rain

Wiggle fingers
Push your elbows down towards the ground

Clear it Out

Wiggle fingers
Push your elbows towards your back

*Repeat 6x