

Breast Beaters – summary of moves, lyrics in **Medley** (see Credits at end of Medley for song credits; all lyrics ©Jeannie Marsh 2015)

SONG	MOVEMENT AND COUNTING	SINGALONG LYRICS
<p>1) Just Breathe...</p>	<p>The Breathing Y; 5 repetitions; standing <i>listen to guitar introduction of 8 counts to feel the length of each count</i></p> <ul style="list-style-type: none"> • Introduction: breathe in over 4 counts, breathe out over 4 counts • Breathing Y: breathe in over 6 counts, hold for 2 counts, breathe out over 8 counts; raise arms slowly, hold, bring down slowly • Repeat, with 8-count rest (same breathing pattern as Introduction; hands in front of chest) between each repetition 	<p>No singalong in this song</p>
<p>2) Belgrave Bossa Nova</p>	<p>Turning the head; approx. 5 repetitions of full movement from side to side <i>Guitar introduction: sit down and settle yourself into the Brazilian feel; when singing starts watch Jeannie to see the speed of the head-turning movement</i></p> <ul style="list-style-type: none"> • Verse 1: “Down in...” moving head slowly from side to side, slight pause when get to furthest point • Verse 2: “Down in...” continue moving head slowly from side to side • Bridge: “Samba sounds...” give your neck a rest and have a little groove with your hips and shoulders • “Now time after time...” return to slow moves of head from side to side <p><i>There is a short transition to the next song</i></p>	<p>No singalong in this song</p>
<p>3) Bopping at the Pool</p>	<p>Bending the head; 5 repetitions of full movement down and up <i>Each guitar phrase and each sung phrase is 8 counts long</i></p> <ul style="list-style-type: none"> • Bend your head down slowly over 8 counts, then bring it up slowly over 8 counts • There are breaks between some of the repetitions where you can have a sing <p><i>There is a very short transition to the next song</i></p>	<p>Rep 1 (no singing) Rep 2 (no singing) SING: Big, blue pool...big, blue pool... Rep 3 (no singing) SING: I love the pool, oh yeah, I love the pool Rep 4 (no singing) SING: Meet me at eight at the pool, let’s grab a coffee, meet me at eight at the pool Rep 5 (no singing)</p>

<p>4) Dancing at Mount Dandenong</p>	<p>Circling the shoulders; 16 circles forward, 18 circles back <i>This short song is repeated 6 times, sometimes with singing, sometimes without:</i></p> <ol style="list-style-type: none"> 1) Circle one shoulder forward 4 times; circle the other shoulder forward 4 times 2) Circle both shoulders forward 8 times 3) Circle one shoulder back 4 times; circle the other shoulder back 4 times 4) Circle both shoulders back 8 times (while singing) 5) Rest your shoulders, and have a little groove with the hips (while singing); as you sing “we’ll see the...” draw a big arch in the sky 6) Circle both shoulders back very slowly, twice 	<ol style="list-style-type: none"> 1) no singing 2) no singing 3) no singing 4) and 5) SING: Let’s dance here at Mt Dandenong, Bring the dogs and the kids and friends along, We’ll see the Moon rise over the trees 6) at the end of the song SING: We’ll see the Moon rise over the trees
<p>5) Flying</p>	<p>Circling the elbows; 2 repetitions each of 3 different versions of this movement <i>This short song is repeated 6 times, twice with singing.</i> Each repetition (small circles growing to big circles) occurs over 8 counts</p> <ol style="list-style-type: none"> 1) Introduction – putting on scarf; raising hands to shoulders 2) Hands on shoulders, small circles to big; repeat 3) Hands behind neck, small circles to big; repeat 4) Hold ends of scarf and do some flying and singing 5) More flying 6) Arms outstretched, small circles to big; repeat <p><i>During short transition to next song drop the scarf</i></p>	<ol style="list-style-type: none"> 1) no singing 2) no singing 3) no singing 4) SING: Clouds drift round me, gently...calmly... 5) no singing 6) SING: Clouds drift round me, gently...calmly...
<p>6) Waltz of the Doors</p>	<p>Part 1 of Song Opening and closing the doors; 4 repetitions <i>Short guitar introduction: get arms in position (closed doors, ready to open)</i></p> <ul style="list-style-type: none"> • Each phrase is 4 counts long • “Open the door” over 4 counts, then “close the door” over 4 counts • Repeat this pattern 4 times, adding singing on third and fourth repetition 	<p>On third and fourth repetition: SING: Open and shut the door, that’s what your shoulders are there for</p>

	<p>Part 2 of Song Bending the elbows; 7 repetitions</p> <ul style="list-style-type: none"> • Hands on shoulders, move hands out in front of you then back onto shoulders • Watch Jeannie to see the speed of the movements and how they fit with the music in both parts of this song • Sing throughout 	<p>SING: Welcome, welcome, etc... Step inside you're welcome here</p>
<p>7) The Light-bulb Twist</p>	<p>Part 1 of Song <i>Story-telling with your hands and arms</i></p> <ul style="list-style-type: none"> • Follow Jeannie on screen showing: streamers, balloons, fairy-lights, sparklers <p>Part 2 of Song Unscrewing the light-bulb; 6 repetitions Hands reach up and unscrew light-bulb (also some grabbing, reaching, pointing) <i>Chorus 1: twist light bulb with both hands</i></p> <p><i>Chorus 2: twist light bulb with alternating hands</i></p> <p>Part 3 of Song Bending the wrists; 16 repetitions</p> <ul style="list-style-type: none"> • Start with some BREAST BEATING; then bend wrists one at a time • When music changes to guitar rising phrases change movement to faster, alternating wrist bends • When music changes to more rocky feel, change movement to slower wrist bends, arms held out, both hands together 	<p>SING: Getting ready for a party, the streamers are all done, We've got balloons in every corner, But the lighting needs some fun! Here's the box with the coloured fairy-lights, Here's the sparklers we bought for birthday nights, Find a friend who can help you scale the heights, oh.....</p> <p>Chorus 1 SING: Twist that light-bulb, grab that glitter ball, Twist that light-bulb, now you're ten feet tall, Twist that light-bulb, show the bulb you mean it!</p> <p>Chorus 2 SING: Twist that light-bulb, grab that glitter ball, Twist that light-bulb, now you're ten feet tall, Twist that light-bulb, show the bulb that you're the boss!</p>

<p>8) Tolka Polka</p>	<p>Making fists; many repetitions</p> <p><i>This song is in two sections, and each section is always repeated. The whole song is repeated three times (first time Jeannie sings the melody; second time Jeannie sings harmony while Ken plays melody; third time Jeannie sings the melody). Follow Jeannie on screen to learn the speed of each movement.</i></p> <ul style="list-style-type: none"> • Introduction: pick up squeeze-balls and hold one in each hand • First time through the song: very slow squeeze and release with each hand, followed by faster squeeze and release with each hand • Second time through the song: alternating hands in and out, squeezing and releasing simultaneously • Third time through the song: dancing feet (give hands a rest), then both hands squeeze and release together 	<p>You might like to join the singing of the harmony line in the second time through the song. There are no words.</p>
<p>9) Just Breathe Some More...</p>	<p>Deep breathing, and Breathing Y; 5 repetitions</p> <p><i>Music, movements, and mood revisit the material in Song 1.</i></p> <ul style="list-style-type: none"> • Introduction: use this music to settle yourself, and connect again to breathing • Rep 1: arms in large circle up (as you breathe in through the nose for 8 counts) and down (as you breathe out through the mouth for 8 counts) • <i>Rest for 8 counts (in for 4 beats, out for 4 beats)</i> • Rep 2: arms out to the side (as you breathe in for 8 counts) and back in towards the body (as you breathe out for 8 counts) • <i>Rest for 8 counts (as above)</i> • Rep 3: Breathing Y (see Song 1) • <i>Rest for 8 counts (as above)</i> • Rep 4: Breathing Y • <i>Rest for 8 counts (as above)</i> • Rep 5: Breathing Y (as you breathe out, gently lower your hands back down to rest on your lap, relax...) 	<p>No singalong in this song</p>