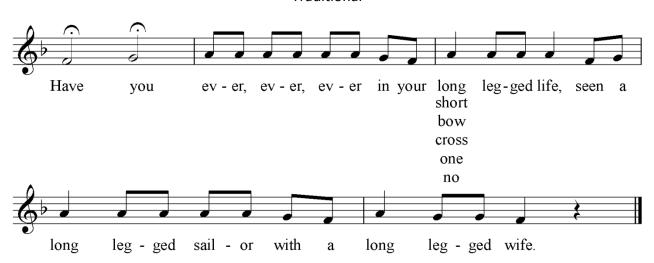
## **Long Legged Sailor**

## Traditional



Tone Set	Scale	Teaching Purpose(s)
do re mi	do tritonic	Beat
		Fun

Level 1 Reference	Song Type	<b>CSP</b> (Comfortable Starting Pitch)
Lesson 5	Traditional Game	C to F

## **Long Legged Sailor – Actions**

Formation: Students stand in pairs facing each other.

Have: Hands on thighs

you: clap own hands together

ever: clap right hands together with your partner,

ever: clap own hands,

ever: clap left hands together with your partner,

in your: clap own hands

long: show "long" by holding your hands apart in front of you, palms facing each

other

legged: clap own hands together

life: clap right hands together with your partner,

seen a: clap own hands together

long: show "long" by holding your hands apart in front of you, palms facing each

other

legged: clap own hands together

sailor: clap left hands together with your partner,

with a: clap own hands together

long: show "long" by holding your hands apart in front of you, palms facing each

other

legged: clap own hands together

wife: clap right hands together with your partner,

Verse Two – Short Replace the long action with the same but hands closer together.

Verse Three – Bow Replace the long action with bent knees, spread out and hands on

knees.

Verse Four – Crossed Replace the long action with one leg crossed over the other. Swap

leg on top each time.

Verse Five – One Replace the long action with one leg lifted up so you are only

standing on one leg. Swap leg lifted each time.

Verse Six – None Replace the long action with a jump (Toyota add style).

Verse Seven/Eight Sing through the song twice using all adjectives and their actions

one after another.