

# Long Legged Sailor

Traditional

Have you ev - er, ev - er, ev - er in your long leg - ged life, seen a short bow cross one no long leg - ged sail - or with a long leg - ged wife.

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

Level 1 Reference	Song Type	CSP (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.