

Students sit or stand in groups of four with each pair facing each other and number around the group: 1, 2, 3, 4.



Bar 1 Beats 1, 2 & 3: Slap hands on thighs (left hand to left thigh then right hand to right thigh and repeat) to the RHYTHM of the first 3 beats.

Beats 4 & 5: Clap own hands together for last 2 BEATS.

Bars 2 to 4 Repeat above 3 times for next 3 bars.

Bar 5 Beats 1, 2 & 3: Slap hands on thighs, as above, to the RHYTHM of the first 3 beats. Beats 4 & 5: Clap hands with people on the corners for last 2 BEATS.

Bars 6 to 8 Repeat above 3 times for next 3 bars.

Bar 9 Beats 1, 2 & 3: Slap hands on thighs, as above, to the RHYTHM of the first 3 beats.

Beats 4 & 5: Swivel body to face corner (1 and 3 swivel to the left and 2 and 4 swivel right) and clap hands twice on the BEAT with the person now facing them twice.

Bar 10 Beats 1, 2 & 3: Slap hands on thighs, as above, to the RHYTHM of the first 3 beats.

Swivel body to face corner (reverse previous direction) and clap hands with the person now facing them twice.

Bars 11 & 12 Repeat bars 9 and 10 for next 2 bars.

Bar 13 Beats 1, 2 & 3: Slap hands on thighs, as above, to the RHYTHM of the first 3 beats. For next 2 beats students 1 and 3 clap hands together twice across the square stretching up while students 2 and 4 clap hands together twice across the square underneath.

Bar 14 Beats 1, 2 & 3: Slap hands on thighs, as above, to the RHYTHM of the first 3 beats. For next 2 beats reverse precious bar i.e. students 2 and 4 stretch up while students 1 and 3 reach underneath to clap.

Bars 15 & 16 Repeat bars 13 and 14 for next 2 bars.

Advanced version: do all above while walking the beat. This will emphasise the 5/4 metre and the syncopations.