

## MUSIC AND MOVEMENT

### Cue song – I Like To Move It – Madagascar

Song	Body part	Action
In My Head – Jason Derullo	Head	Gentle stroking over head and face
Coat of Many Colours – Dolly Parton	Arms	Stroking and light tapping with finger tips
Slow Hands – Niall Horan	Hands	Hold hands and dance
Its All About You – McFly	Body	Finger tapping on shoulders/chest in time with the music
24K Magic – Bruno Mars	Legs	Move hands in a zig zag wave
Don't Stop Me Now - Queen	Feet	Squeeze & release.
Nobody To Love - Sigma	Dance	Move chairs if possible or hold hands and dance
I know you – Craig David	Finish	Relaxation

Please note – you can use any of your favourite music – this is just a guide. Keep the session upbeat and lively. Most importantly.....

Have fun!!!