Sadie & Friends™

SAY HI

DANCE MOVES

Let's move, sing and have fun together!

1 Get up
Start crouched down, then stand up tall with arms up.



2 Get ready
Pat knees twice, then hands on hips.



3 You have a big day ahead
Stretch arms out wide to show BIG!



4 Time to learn
Tap finger gently to the side of your head.



5 To have fun
Two little side-to-side bounces.



6 And make some new friends
Open arms out, then bring hands to your heart.



7 Just say HI
Big friendly wave!



8 And SMILE
Point both fingers to your smile!



9 Make new friends
Turn to a friend and shake hands.



10 Play and run
Jog gently on the spot!



11 First day of school is exciting
Arms up in a big celebration!



12 And learning can be fun
Clap twice, then finish with arms stretched out!



13 Don't worry if it's hard
Hands gently out in front – it's okay.



14 Others can be shy too
Hands together near cheek, little shy sway.



15 Just be yourself
Point to yourself with both hands.



16 Be kind
Hands over your heart.



17 And let them get to know you
Open arms slowly toward the group.



18 Chorus repeat
Repeat the moves from 7 to 12!



FINAL POSE!

All five friends together!
Arms up / waving with a big smile!



Sing it. Move it. Smile together! Slow & Steady – Together One by One!