

ELVES WORK OUT!

- Measure 1-2 Choir comes running or moving about excitedly getting ready to “work out” at the gym!
- Measure 3-6 Run in place four steps followed by two complete jumping jacks.
Repeat this pattern You may substitute other “exercise” moves for variety as when chorus repeats.
- Measure 7 Stand with fists side by side and arms rotating in front of body left to right forming a flat circle two times.
- Measure 8 Run in place with small steps, clapping at chest level on beat 2 and 4.
- Measure 9-10 Stand in “John Travolta” disco pose. Right hand high, left hand low, indexes pointing, body turned slightly right and hold for four beats.
Bend knees on beats 2 and 4 keeping rhythm in Measure 10.
- Measure 11-14 Repeat as before.
- Measure 15-19 Bend at knees, body slightly forward and snap low and tight on beats 2 and 4. Should look intense. Try walking in place with small steps, beginning with right foot.
- Measure 20 Stand and hands at side and hold.
- Measure 21 Right hand grab side of head on beat 1, left hand grab side of head on beat 3.
- Measure 22 Sway or roll head RT, LT, RT, LT.
- Measure 23-26 Repeat as before.
- Measure 27-35 Create a frantic exercising situation. All jogging, doing different exercises. When a game or toy is yelled, all raise arms high.
- Measure 36-45 Repeat as before.
- Measure 46-47 Move about stage or stand in place, all doing different exercises and movements. On beat 4, all pose or freeze in a final position. Arms high, low, standing, sitting. Lots of variety and visual dynamics OR all pose as a muscle man or woman, and flex those muscles!