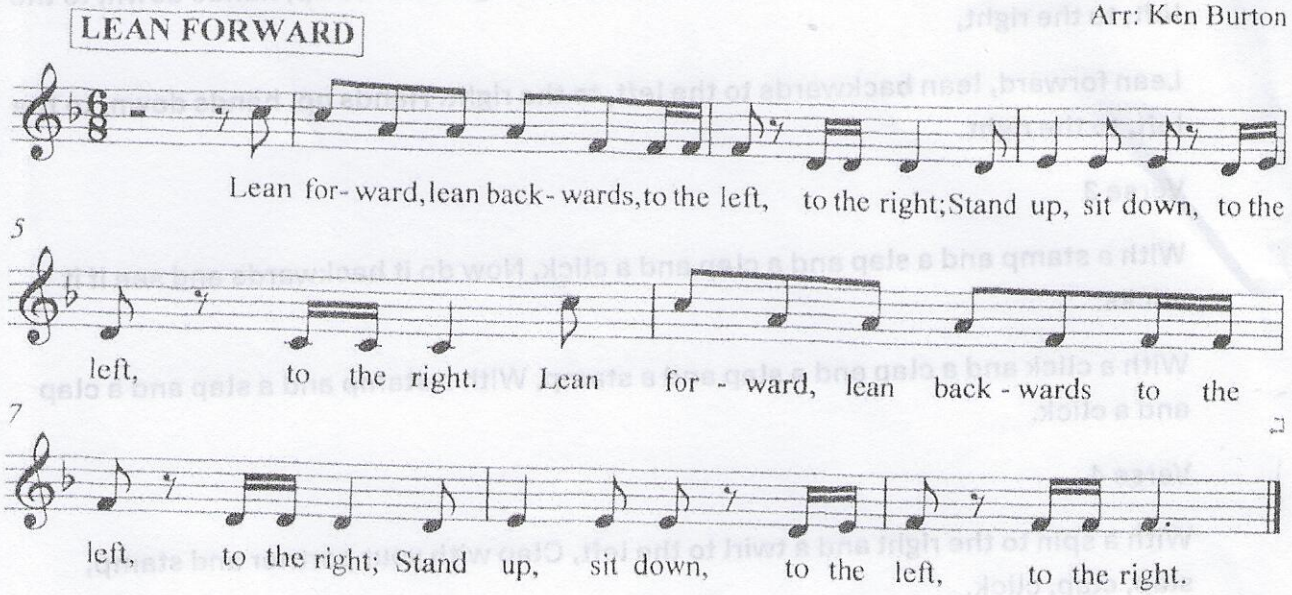
Action Warm up

Lean Forward/Love Lifted Me



Verses

Verse 2

Lean forward, lean backwards to the left, to the right. Hands up, hands down, to the left, to the right,

Lean forward, lean backwards to the left, to the right. Hands up, hands down, to the left, to the right.

Verse 3

With a stamp and a slap and a clap and a click. Now do it backwards and see if it sticks.

With a click and a clap and a slap and a stamp, With a stamp and a slap and a clap and a click.

Verse 4

With a spin to the right and a twirl to the left, Clap with your partner and stamp, slap, clap, click.

With a spin to the right and a twirl to the left,Clap with your partner and stamp, slap, clap, click.