



MOVE-IT

JACK'S THE LAD

by David Rankine

Performed by the Royal Philharmonic Orchestra

- Forward and Back: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8
- Do-si-do with hands on hips: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8
- Forward and Back: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8
- Do-si-do with hands on hips: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8
- Turn right, raise arms over head: 1 - 2 - 3 - 4
- Turn left, raise arms over head: 1 - 2 - 3 - 4
- Do-si-do with hands on hips: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8
- Turn right, raise arms over head: 1 - 2 - 3 - 4
- Turn left, raise arms over head: 1 - 2 - 3 - 4
- Do-si-do with hands on hips: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

REPEAT 3X

CODA

- Forward and back raise hands over head: 1 - 2 - 3 - 4 - 5 - 6
- Do-si-do with hands on hips: 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8



FAQ

What does the symbol 🖐️ mean?

Every time you see this symbol it means to clap once. There are always two claps and they always begin on the off-beat.

What is the fastest way to learn this?

Because of the repetitiveness and predictability of this Move-It, you might find it easier to learn by watching the video and doing it several times first.

Can I simplify this Move-It for my students?

Absolutely! You know your students the best. Perhaps do it without the clapping or do a simpler Do-si-do.

