



A New Move It!

Stars and Stripes Forever

John Philip Sousa

Choreographed by Peggy Lyman-Hayes and John Feierabend

Hold a small flag in each hand

Introduction :00 - :03

Starting with arms down, slowly raise hands holding flags to cross arms over chest.

A :04 - :18

Keeping arms crossed, walk forward 8 small steps. Then, walk backward 8 steps while slowly lowering flags down to sides

Wave one flag twice to the side. Wave the other flag twice to the other side. (Repeat)

A :19 - :33

Repeat A Motions.

B :34 – 47

Using full arm motions, wave one flag crossing body and back out. Repeat with the other arm.

Cross both arms down in front. Raise arms while uncrossing and then lowering arms to sides while quickly waving flags

Repeat B motions.

B :48 – 1:02

Repeat B motions twice. End by placing both flags in one hand.

C 1:03 – 1:18

Walk forward 3 steps and salute with the free hand with each step. Then, make two fast flips of the flags to the side.

Walk backward 3 steps and salute with the free hand with each step. Then, make two fast flips of the flags to the side.

Repeat C motions. On the final beat transfer the two flags to the other hand.

C 1:19 – 1:33

Repeat C motions with flags held in the other hand.

Repeat C motions again but after walking forward and flipping the two flags, transfer one flag to the other hand so both hands again hold a flag.

Flip one flag up and to the side. Flip the other flag up and out to the side. (Repeat). Then, a fast flip up with both hands.

D 1:34 – 1:41

Raise one flag up and lower it to the side while quickly waving the flag. Then, quickly lift the flag up and down.

Raise the other flag up and lower it to the side while quickly waving the flag. Then, quickly lift the flag up and down.

Interlude: 1:42 – 1:56

Lift one arm up and lower to the side while quickly waving flag. Lift the other arm up and lower while quickly waving flag.

Quickly lift both flags up and down two times. Then, quickly lift the flags up and wave both flags crossing body back and forth while lowering arms. End with placing both flags in one hand.

C 1:57 – 2:10

Repeat C motions end by transferring the two flags to the other hand.

C 2:11 – 2:28

Repeat C motions with flags held in the other hand.

Repeat C motions again, but after walking forward and flipping the two flags, transfer one flag to the other hand so both hands again hold a flag.

Flip one flag up and to the side. Flip the other flag up and out to the side. (Repeat). Then, a fast flip-up with both hands.

Introduce your students to the lively spirit of John Philip Sousa's "Stars and Stripes Forever" with this exciting new Move It! This activity practices expressive movement and on-point beat-keeping, encouraging students to feel the energy of one of America's most iconic patriotic marches—complete with waving flags!

Composed in 1896, this marshaling tune remains a favorite with marching bands and audiences at parades and celebrations across America. Known as the "March King," Sousa's impact on American music is timeless. He composed so many of the best-known marches with melodies that permeate cultures worldwide that he was like the John Williams of his era.

Let your students bring this patriotic classic to life through dynamic movement, deepening their connection to the expressive intentions of art!