

My name is \_\_\_\_\_

## Genki Disco Warm Up

by Richard Graham (CD7 ☆)

Stand up, sit down.  
Hands up, hands down.  
Stand up, and bow.  
Sit down, sit down.

And clap.

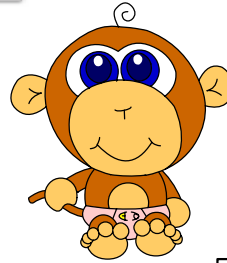
And cheer!

I can sing

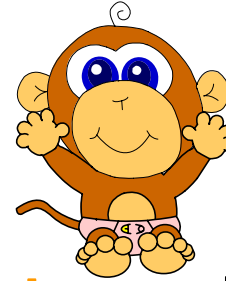
I can say ...



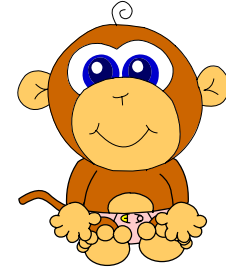
stand up



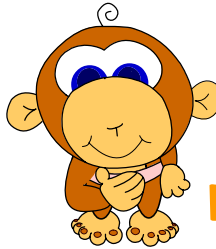
sit down



hands up



hands down



bow



clap



cheer

**Draw your own warm up routine!**

