



Sit Down, Stand Up

Sit down, stand up, very tall, very small x2
1 step forward, 2 steps back, 1 step forward
1 step, 2 steps, 3 steps, 4 steps
Now let's start again

Sit down, stand up, very tall, very small x2
Look, listen, be quiet, be loud x2
1 step forward, 2 steps back, 1 step forward
1 step, 2 steps, 3 steps, 4 steps
Now let's start again

Sit down, stand up, very tall, very small x2
Look, listen, be quiet, be loud
1 step forward, 2 steps back, 1 step forward
1 step, 2 steps, 3 steps, 4 steps
Well done!

Sit down
Look at me
Listen to me
Cross your arms and legs,
Very, very good
Shhhhhhh Thank you

