

The Hamster Song Dance Routine - All Grades



Let's
Dance!

Needed materials: space & music - <https://www.youtube.com/watch?v=H9K8-3PHZOU>

Instructions: This activity can be done with or without a partner. The music to this song is in the link above.

Choreography.

Intro: Just bounce around "hamster style" after the CD says "Here we go" begin dance:

Hamster sings:

First 8 counts:

Face a partner (optional), hands on hips

Bob head to the right and left (1-8cts)

Second 8 counts:

Clap hands 8 x's OR clap for the full (8 cts)

Third 8 counts:

Air high five OR Stomp your feet (8cts)

Fourth 8 counts:

Jump right to left (8 cts)

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Every Instrumental section:

Dance in a circle around your partner or by yourself (32 cts)

Rap section & Rap mix:

Students freestyle (16 cts)

REPEAT from the TOP after singer says “Let’s try it”.

Note: After the rap section/rap mix repeats the 2nd time, the instrumental section will play again.

Have the students dance in a circle around themselves as instructed in the instrumental section. Thereafter, the Hamster singing section will start back up. Only do the 1st and 2nd 8 counts and the song will be over.

Enjoy!!