

EXERCISE ROUTINE

“Riding a Horse” to the music of “Turkey in the Straw”

CALLING CALLS:

Everyone claps

(Clap hands in rhythm to music)

Circle to right

(Lean to right)

Circle to left

(Lean to left)

Ride that horse

(Make motions of riding horse)

Tip your hat right

(Pretend to touch the rim of a cowboy hat like cowboys do when greeting)

Tip your hat left

(Pretend to touch the rim of a cowboy hat like cowboys do when greeting)

Ride that horse – Now add some kick

(Make motions of riding horse with alternating leg kicks)

Give the horse more leg

(Squeeze knees together)

Right hand star

(Right hand clap your right knee)

Left hand star

(Left hand clap your right knee)

Lasso that Calf - Throw the rope - Pull it in tight

(Right hand up in air pretending to lasso and throw the pretend rope and pull pretend rope in tight using both hands)

Bow to your right, bow to your left

(Tip your head downwards on your right and THEN Tip your head downwards on your left)

Left hand out THEN Left hand in

(Extend left hand out in front and shake it)

Right hand out THEN Right hand in

(Extend right hand out in front and shake it)

Trot the horse

(Use hands in front to “hold reins” and march your feet to be like a trot)

Cowboy up

(Make two fists and move in a circular motion)

We’re heading home - Slap on the right

(Turn body to look to the right and slap horse on the hindquarters)

We’re heading home - Slap on the left

(Turn body to look to the left and slap horse on the hindquarters)

Hang on with both hands!

(With both hands hold on to pretend reins and move body like you are on a very fast galloping horse)

Whoa Nelly!

(Use both hands and pull pretend reins from your lap up to your chest to stop the horse)

Mix up and repeat the calls as preferred and have fun!