

# As I go on my way

<https://riverofsong.uk/>

*A workout for each part on the body. Move fast, move slow.*

*A transition song to sing before leaving or moving on to a new activity.*

*Words and music by Dany Rosevear.*

*1. Move each part of the body starting with the head, finish with a turn around. 2. Finally starting with the feet move up the body.*

*Repeat this three times once they know it well, faster each time, then slow!*

My lit - tle head can nod, nod, nod, Nod nod, nod, nod, nod, nod, nod, nod, My lit - tle head can nod, nod, nod, As I go on my way. Stamp, stamp, Knock, knock, Wig - gle, wig - gle, stamp, knock, wig - gle,

Clap, clap, clap, Roll, roll, roll, nod, nod, nod, Now I'll go on my way.

My little head can nod, nod, nod,  
Nod, nod, nod, nod, nod, nod,  
My little head can nod, nod, nod,  
As I go on my way. x2

My two arms can roll, roll, roll...

My two hands can clap, clap, clap...

My two hips can wiggle, wiggle, wiggle...

My two knees can knock, knock, knock...

My two feet can stamp, stamp, stamp...

Stamp, stamp, stamp! Knock, knock, knock!

Wiggle, wiggle, wiggle! Clap, clap, clap!

Roll, roll, roll! Nod, nod, nod!

Now I'll go on my way. x2

