

Staun Up, Sit Doon

Staun up.

Pit baith your airms in the air. Waggle your fingirs. Pit your hauns on your heid. Pit your hauns on your shooders.

Touch your taes. Haud up your richt haun. Gie your index fingir a waggle.

Point tae your mooth. Point tae your left ee. Point tae your richt ee. Point tae your neb.

Point tae your left oxter. Point tae baith oxters.

Birl roond. Lowp up and doon. Gie yersel a guid shoogle.

Pit your hauns on your hurdies. Gie your hurdies a waggle.

Airms in the air. Hauns on the heid. Noo yer shooders. Noo yer taes.

Pit your richt haun back up in the air. Gie your bahookie a wee skelp.

Sit doon.