

Green Sally Up – movement

Each movement is on the beat except forward jump, backward jump and final jump. They each get two beats.

Standing with hands on hips,

With weight on left foot: right foot reach out to side, touch, and then touch by stationary foot.
Repeat.

With weight on right foot: left foot reach out to side, touch, then touch by stationary foot.
Repeat.

Jump forward (2beats), jump back (2 beats), two jumps in place (1 beat each), jump 1/4 turn to right (2 beats).

Green Sally up,

Right touch, right touch

Green Sally down,

Left touch, left touch

Green Sally baked her possum brown.

Jump(forward), jump(backward) jump, jump, jump ¼ turn Right

Repeat three more times.

With 4 verses and 4 quarter turns, we will turn 360 degrees – one full circle.