



# Hands on Shoulders

Hands on shoulders,  
hands on knees,  
hands behind you,  
if you please.  
Touch your shoulders,  
now your nose,  
now your hair and now your toes.  
Hands up high in the air,  
down at your sides and touch your hair.  
Hands up high as before,  
now clap your hands, one-two-three-four!