

Under Construction Dance

I'm Foreman Foxtrot, and I'm here to say,
I've brought you a brand new dance today.
Move freely to rhythm of music.

It's easy to do
If you give it a chance,
It's called the Under Construction Dance.

We know about trucks,
Point finger to rhythm.
And we know about tools.
We know about building,
And we know it's cool.
Fold arms, lean back on one heel.

The first move's easy,
Move freely to rhythm of music.
Now don't get stuck.
Listen and do the Dump Truck.

First bend your arms,
Bend your arms, palms toward face.
Then open them up.
Lower forearms.
You'll look like the back of a dump truck.



(lyrics by Joellyn Cicciarelli)
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The second move's fun,
Move freely to rhythm of music.
Don't sit like a lump.
Listen and do the Jackhammer Jump.

Hold the handle,
Hands grasping imaginary handle,
And jump up and down.
while jumping up and down.
You're a worker hammering the ground.

The last move's great,
Move freely to rhythm of music.
You're a truck with a chain.
Listen and do the Long Neck Crane.

First bend over,
Bend, touching the ground.
Then reach up high.
On tiptoes, reach hands over head.
Pretend you're lifting up to the sky.

I'm Foreman Foxtrot, and I'm here to say,
Move freely to rhythm of music.
Put it together and dance, okay?

Three easy moves,
Now give them a chance,
They make the Under Construction Dance.

Do the Dump Truck.
Repeat actions from above.
Now the Jackhammer Jump.
Do the Long Neck Crane.
Builders, listen up.

We know about trucks,
Point finger to rhythm.
And we know about tools.
We know about building,
And we know it's cool.
Fold arms, lean back on one heel.