

STOMPA – Serena Ryder (radio version) - *a great song for teaching about beat*

Seated in chair, on floor, or on risers

Intro: Have students find the beat.....be creative!

Lyrics

Actions

People working every night and day	fist (like a hammer) keep beat on opposite palm
Never give yourself no time	point at your 'pretend watch' to the beat
Got too many bills to pay	pretend to 'fan out' the money on your hand
Slow down, nothing's gonna disappear	seated slow-motion movements
If you give yourself some room	elbows to sides
To move to the music you hear	

CHORUS:

Gotta get up	stand up
Listen to me	hands to ears and sway
Clappa your hands	clap to the beat
Stompa your feet	add in stomp

People looking for the great escape	sit back down
Looking to the greener side	sharp look to the left
Trying to find a better way	sharp look to the right
Slow down, open up your big brown eyes	'fake' glasses using fingers around eyes
Feel the rhythm in your heart	pat hand over heart
You don't even need to try	shrug or throw hands forward like you don't care

CHORUS

Air Guitar solo

When you can't seem to shake off all the feelings that are breaking	shake hands in front
Little pieces of the music that are in you	students find a new seat while keeping beat in feet
All the pain that you feel	they sit down when at their new seat
I can prove it's not real, there's just one thing you gotta do.....	

CHORUS

'If you move to the beat'	start heading back to original seat
On final beats	sit back down as slowly as possible