

SUNDAY BEST (Surfaces)

Movement Ideas by Julie

Pretend to play 'air piano' during intro

CHORUS

Hey, feeling good, like I should

Went and took a walk around the neighbourhood

Feeling blessed, never stressed

Got that sunshine on my Sunday best

thumbs up, thumbs to self

walk in circle or @ desk

heart fingers, shake it off

sunrise arms above head, pluck shirt

VERSE 1

Every day can be a better day, despite the challenge,
for 'challenge'

All you gotta do is leave it better than you found it
chest

It's gonna get difficult to stand, but hold your balance
wobble on the spot

I just say whatever 'cause there is no way around it 'cause

point out in line 5 x, strong man biceps

hands out in front and then bring in to

stand straight feet right together,

shrug shoulders, spin around in circle

VERSE 2

Everyone falls down sometimes

But you just gotta know it'll all be fine

It's ok, uh-huh

It's ok, It's ok

crouch down to the floor

stand back up, arms to the sides

slide left and then right

slide left and then right

CHORUS

VERSE 3

Hey, some days you wake up and nothing works, you feel surrounded

Gotta give your feet some gravity to get you grounded

Keep good things inside your ears just like the waves and sound did

elbows

And just whatever 'cause there is not way around it

flop over, come back up

march on the spot

hands to ears, make wave using

spin around

VERSE 2

CHORUS x 2