

SammyJ Dance

Samantha Mcloughlin - SammyJDance

**Early Childhood
Songs and
Developmental
Dances**

SammyJDance Early Childhood Song List

Lyrics & Actions to go along with them



Hello Song

Words - "Hello to all my friends, How are you ? Hello to all my friends, Hello to all of you. Hello to (Childs name), How are you? Hello to (Childs name), Hello to both of you.

Actions - Sitting Criss Cross Apple Sauce on the floor, Tap your knees on 1,3,5,7 and clap your hands on 2,4,6,8 and as a group. Singing the song together.



My Toes Go Up, Down and Round and Round

Words - " My (body part) goes up, My (Body part) goes down, My (body part) goes round and round and round. "

Actions - If toes are your chosen body party. Your toes go up, your toes go down, your toes go round and round and round.



Tik Tok Little Dancer Clock

Words - " Tik Tok little dancer clock, Tik Tok Tok little dancer clock, Tik Tok Tok little dancer cock, Tik Tok Oh Oh Oh! My Clock is stuck. "

Actions - Legs out in second position, sitting on floor. Students sway side to side touching their toes. Winding up their toes, knees, shoulders etc



Dancing Inside the circle

Words - " We are dancing, dancing, dancing in the circle, We're dancing. Dancing, dancing inside the circle. And we go right back to our seats "

Actions - Hold Hands and twirl or dance inside the circle





Stomp, Stomp, Stomp

Words - "Plié Relevé, Plié Relevé, Stomp Stomp Stomp, Stomp Stomp Stomp. Plié Relevé, Plié Relevé, Stomp Stomp Stomp, Stomp Stomp Stomp." Relevé can be replaced with Passé and Arabesque.

Actions - Plié - Bend your knees, Relevé - On your toes, Passé - Toe to your knee, Arabesque - Fly like a plane.



Shake your Sillies out

Words - " Shake Shake Shake your sillies out, Shake Shake Shake your sillies out, Shake them all day long. " Shake can be replaced with tap and roll.

Actions - Using egg shakers or maracas you dance and shake, tap or roll your sillies out.



Wheels on the bus

Words - "Hello to all my friends, How are you ? Hello to all my friends, Hello to all of you. Hello to (Child's name), How are you? Hello to (Child's name), Hello to both of you.

Actions - Tap your knees on 1,3,5,7 and clap your hands on 2,4,6,8 and as a group. Singing the song together.



Drum Freeze Dance

Actions - When the drum plays you dance, drum or do your chosen movement. When the drop stops you freeze.



Goodbye Song

Words - " It's time to say goodbye to all my friends, we danced and reached the sky with all my friends. It's time to say goodbye, give a wave, give a smile, It's time to say goodbye to all my friends. Its time to say good bye to (child's name), Its time to say goodbye to (child's name), It's time to say goodbye to (child's name) and (child's name), It's time to say goodbye to (child's name)

Actions - Sitting Criss Cross Apple Sauce on the floor, Tap your knees on 1,3,5,7 and clap your hands on 2,4,6,8 and as a group. Singing the song together.



SammyJDance Class

An Easy Class outline to follow.

Use our CD to enhance the experience.

💡💡💡 * *pick a fun theme every time you do class and end class with a game or story in that theme.*

Ex: Animals - Play an animal freeze dance

Nature - Interactive story where you explore a forest

Colors - Explore the colors of the rainbow with the parachute

Circle Time

Sitting in a circle
Hello Song
My toes go up my toes go down
Tik Tok little Dancer clock

Dance inside The circle

Hold hands with your little one and twirl or dance together. As children get older you can experiment with giving them prompts like march, gallop and skip in side the circle.

Standing up (Technique)

It's time to learn some technique!
Signing plié relevé, plié passé or plié arabesque is a great way for little ones to learn basic ballet technique. I like to compare passé to a flamingo and arabesque to flying like an airplane. I also use open shut them and its original words to teach the children about jumping their legs open and closed.

Musical Instruments

Musical instruments are a great addition to any early childhood dance class. We have include shake your sillies you which is used with shakers. Wheels on the bus and drum freeze dance are usually done with sticks! Drum Freeze dance is great for any musical instrument or just regular freeze dance!

Good Bye

Sitting back down in a circle with your little one. It's time to tap and clap again sing goodbye to each other. I like to give children a high five and a sticker to represent the end of class.

While dancing at Shadowbox Theater (2012-2019), Samantha left Shadowbox to run her program for Instages. She is now working to further develop pre-k dance education under her own company SammyJDance. Her goal is to provide specialized pre-k dance to city schools at an affordable cost, so all children, regardless of family income, can know the joy of dancing.

To date, Samantha has been teaching her unique program in Bronx House, La Peninsula, Greek American Institute, Denizko Daycare, Red Ballon Learning Center and Guidepost Montessori at Columbus Square. Her program combines dance with eight New York Department of Education mandated requirements for school readiness. The schools that have bought her program have seen noticeable improvements in their pre-k students, with higher test scores in the mandated requirements. And every year, her program is renewed. Samantha has completed special pre-k training, attended workshops and classes in early childhood development, music and movement, anxiety and dance, and dance in early childhood development. She has been teaching for the past 12 years. She currently has 3 teachers working for her, all trained by her to teach her curriculum. Her teachers all assist her for one year before being given classes of their own. Samantha's goal is to continue helping young children grow in a nurturing and



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supportive environment, passing on her love of dance, hopefully in your school.