

## Ya Gotta Go- dance notes

We stand in a large circle to start.

For the chorus *“Go... ya gotta go, ya gotta stop... and go”* which starts the song and then repeats between the verses. We go into the center and freeze on *‘stop’* and then go back out to the circle as it repeats and freeze again on *‘stop’*. Each time you freeze, it can be in any position or as the children get used to the dance, you can add a suggestion for the freeze like *‘down low’*, *‘up high’*, *‘pointy shapes’*, *‘very round’*, *‘big’*, *‘strong’*... etc.

For all the verses, we go around in the circle dancing to the song. There are some cues like *‘rub your tummy pat your head’* and *‘it makes you wanna march’*.

It’s a fun dance because there’s a lot of freedom in it and the form is challenging enough for the children to stay focused.

Enjoy!

