

MC Yogi Give Love

Music: Give Love Yoga Aid Mix or use the you tube video

Choreographed: Susan Flynn and Hanna Attafi, College of Charleston

Sequence One

- 8 cts. Lean forward from right to left for 8 cts, with your left hand pointer finger in front of you lips for "hush little daring, don't you cry"
- 8 cts. Sway back the other directions for 8 cts with your left thumb up for "every little thing is going to be alright"
- 8 cts. Lean back from right to left waving your pointer finger back and forth for 8 cts. For "don't you worry, don't be afraid"
- 8 cts. Lean back the opposite direction for 8 cts with an ok symbol for "Everything is going to be ok"

Sequence Two

- 4 cts. Open left arm out to side for 4 cts "Open up your heart unlock the cage"
- 4 cts. Open right arm out to side for 4 cts "Turn the key and break the chain"
- 8 cts. Open both arms out to side for 4 cts "Love will always find the way" then lift up overhead for 4 cts "If you want love you got to give love away"
- 8 cts. With palms together move hands down the center of the body swaying hands back and forth for 8 cts.

Sequence Three/CHORUS "give love"

- 4 cts. Reach arms up to left (1 ct), to right (1 ct), then reach two cts to left.
- 4 cts. Reach arms up to right (1 ct), to left (1 ct), then reach two cts to right. PERFORM 4 sets of the 8 cts
- 8 cts. Form a heart with your hands and pulse it forward as you move from left to right and then right to left.
- 8 cts. Blow kisses as you move from left to right and right to left

REPEAT SEQUENCE TWO "love is life and life is living" "living is love, love is giving" "live to give love..."

Sequence Four "cuz love is priceless"

- 16 cts. Cross hands back and forth over knees as you rock knees back and forth

Sequence Five

8 cts Reach left arm up for two cts in a fist, right arm two cts, then both arms up for 4 cts

8 cts “love is righteous” Reach left arm up for two cts in a fist, right arm two cts, then both arms up for 4 cts

Sequence Six “put your hands up”

8 cts Put hands up in the air wave them all around for 4 cts and turn for 4 cts with arms up.

CHORUS repeat “give love”

Sequence Two

4 cts. Open left arm out to side for 4 cts “I believe”

4 cts. Open right arm out to side for 4 cts

8 cts Open both arms out to side for 4 cts-then lift up overhead for 4 cts

8 cts. With palms together move hands down the center of the body swaying hands back and forth for 8 cts.

Sequence Four

16 cts Cross hands back and forth over knees as you rock knees back and forth

Sequence Six “put your hands up”

8 cts Put hands up in the air wave them all around for 4 cts and turn for 4 cts with arms up.

SPECIAL SEQUENCE

16 cts Add in “what we give is what we get” have children point hands forward-“what you give” then point back at self “is what we get” and repeat

CHORUS repeat “give love”

If you use the song from Itunes, it s longer than the video so

REPEAT SEQUENCE ONE “hush little darling”

CHORUS repeat “give love”

If you use the youtube version, end with children opening arms to the side and up overhead and put palms together and bring them down in front

of the body and hold and take deep breaths.