The Hen Dance

VERSE	CHOREOGRAPHY
First I'm growing in an egg.	Lift arms over head, connecting fingertips to form a tent/shell
First I'm growing in an egg.	Lift arms over head, connecting fingertips to form a tent/shell
Then, I'm hatching through the shell.	On the word "shell" separate hands
Peck, Peck, Peck, Peck.	Nod head 4 times, as if pecking through the shell
Then a fluffy little chick.	Hands in armpits creating wings, "fluffy"- scuff RF, "little" -step RF, "chick" step LF (standing proudly)
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I eat and run around all day.	Crouch down,
All the long day.	Crouch down, walk 4 steps in a small circle searching for food
Then I grow to be a teen.	Hands still under armpits, Stand Tall
Then I grow to be a teen.	Hands still under armpits, Stand Tall
And pullet is my name.	On word "name" put blade hands over center of chest
Pul-let, Pul-let.	With hands on chest scoop shoulders R then L on syllables "-let" & "-let"
And when I'm a grown up hen.	Stand tall with blade hands flipped up behind hiney like tail feathers
And when I'm a grown up hen.	Stand tall with blade hands flipped up behind hiney like tail feathers
New eggs I'll lay.	Heels together, on word "lay" ALL demi plie
Hooray, Hooray!	1st "-ray" ALL stand, 2nd "-ray" ALL demi plie

CHORUS

A chicken's life is one big cycle	Hook fingers together in a chain, circle hooked fingers slowly from hips to above head and around to complete the circle/cycle
Changing from egg to little chick	On word "egg" Lift arms over head, connecting fingertips to form a tent/shell
	On words "little chick" place hands under armpits,
	Sustaining "chick": Scuff RF, step RF, step LF
And then the chick becomes a pullet	On word "chick" hands still in armpits, bend over, step touch R/L;

	On word "pullet" stand tall, hands over heart pumping twice after word "pullet"
The change to hen is really quick	On word "hen" put blade hands flipped up behind hiney like feathers
	On word "quick" swish 'tail feathers' R/L/R
And then the hen completes the cycle.	Lead Hen(s) points to individual 'hens' who demi plie on words "hen", "-pletes", "cy", after "-cle" (in rhythm on the beat)
She's there to aptly do her part	Lead Hen(s) continues to point, 4 more 'hens' demi plie on "apt", "do", "par-", "parT"
She lays an egg to grow and hatch out	Lead Hen(s) continues to point*, 4 more 'hens' demi plie on "egg", "grow", "hatch", "out"
And a new life will have its start.	"life" - Invite RH blade palm up, "Start" – Invite LH blade palm up

If not enough new 'hens' to demi plie, some 'hens' can lay eggs again