

How To Better Use Music to Supercharge Your  
Older Adult Chair Exercise Programs  
(Workshop given by Margot Glatt- [www.swinginfitness.com](http://www.swinginfitness.com))

WARM-UP - "Yakety Sax", "Tijuana Taxi", "When You're Smiling"

"I've Got a Lovely Bunch of Coconuts" - Danny Kaye

Intro: March in place

Stomp right, left, right, LRL w/lap taps x 8

Salute right hand & straighten right leg, repeat left x 4

ROLL OUT DOUGH x 4, ROLL HANDS FWD R,L,R,L,  
MARCHES ON INSTRUMENTAL

Touch head, then knees x 6 (whistle cue)

Stomp right, left right, LRL w/lap taps x 8

Salute right hand & straighten right leg, repeat left x 4

ROLL OUT DOUGH x 4, ROLL HANDS FWD R,L,R,L  
improvise to end

"Tequila" - The Champs

Intro: Criss cross hands on lap OR shake maracas

Arm raises R,L x 4, Two arm raises R,L x 2

Raise both arm overhead and wiggle fingers, hands down X 3

TAP LAP X 3 - SHOUT TEQUILA!

Arm raises R,L x 4

Double thumbs over shoulder R,L x 4, Hitchike R x 4/L x 4 twice

Raise arms overhead wiggle fingers, hands down X 3

Arms down to sides, push back x 3 - TEQUILA!

Arm raises R,L x 4

Criss cross hands on lap X 8, maracas to end....shout TEQUILA!111

"Take Me Out To the Ball Game"- The Andrews Sisters

Big U Shapes x 8 during INTRO

Diagonal reaches palm up R,L x 4

Palm up reach forward x 4

Finger count 1,2,3 and then out (both hands)

Big U shapes x 4

Diagonal reaches palm up R,L x 4

Palm up reach forward x 4

Finger count 1,2,3 and then out (both hands)

Big U shapes x 4

Bent arm lateral raises to hand touches x 8

OK sign with both hands, Clap x 2, Lap x 2, Clap x 2

Lap x 2, Clap x 2, Lap x 2, Clap x 2

OK sign with both hands, Clap x 2, Lap x 2, Clap x 2

Lap x 2, Clap x 2, LAP, CLAP, TOSS A PITCH

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“Pick a Bale of Cotton” - Derek Ryan (original Lead Belly 1935)

4 Foot Stomps w/fist R,L,R,L

Right foot heel, toe, heel, in, Left foot same.....REPEAT R,L

Walk fwd 4 steps, back 4 x 2 w/ train wheel arms

Right foot heel, toe, heel, in, Left foot same.....REPEAT R,L

Walk Out Out Out Out, In In In In x 2

4 Foot Stomps w/fist, 4 foot stomps left w/fist ....repeat R,L

Right foot heel, toe, heel, in, Left foot same.....REPEAT R,L

Walk fwd 4 steps, back 4 x 2 w/ train wheel arms

Right foot heel, toe, heel, in, Left foot same.....REPEAT R,L

Walk Out Out Out Out, In In In In x 2

4 Foot Stomps w/fist, 4 foot stomps left w/fist ....repeat R,L

RIDE A HORSE (heels up and down, hold reins) x 16

Right foot heel, toe, heel, in, Left foot same.....REPEAT R,L

Walk Out Out Out Out, In In In In...Repeat until end

“Hello Dolly” - Petula Clark

Jab R/L singles x 4, Triple jab R/L x 2

Underhand jab forward R,L x 4

BICEP CURLS R,L x 4

PLAY TROMBONE R X 8, L X 8 (add leg opt.)

Jab right, left singles x 4, Triple jab right, left x 2

Underhand jab forward R,L x 4

BICEP CURLS R, L X 4

Jab right, left singles to end.

“Tulips from Amsterdam” - Max Bygraves

Right arm out to side w/right foot turnout, repeat left x 4

Both arms out to side x 4 w/feet

Reach & pull both arms x 4

Reach & pull R/L x 2, ROCK BABY x 8

CONDUCT ORCHESTRA...LA LA'S - 16

Reach & pull both arms x 4

Reach & pull R/L x 2

Right arm out to side w/right foot turnout, repeat left x 4

Both arms out to side x 4 w/feet

Reach & pull both arms x 4

Reach & pull R/L x 2

CONDUCTING TO END

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### HEARTBREAK HOTEL - Elvis Presley

1. One hand up/other down 2 at half time, 4 regular tempo

2. Wash windows R x 4/ L x 4

REPEAT 1 and 2, REPEAT 1 AND 2, REPEAT 1 and 2

Play guitar....Play piano

REPEAT 1 and 2

### THE LION SLEEPS TONIGHT - The Tokens

Sideways Figure 8's with palms together

Shoulder, reach, shoulder, knee x 4

Right arm raise front, out to side, front, down w/tap -repeat L

Shoulder, reach, shoulder, knee x 4

Right arm raise front, out to side, front, down w/tap -repeat L

Shoulder, reach, shoulder, knee x 4

Sideways Figure 8's with palms together

Right arm raise front, out to side, front, down w/tap -repeat L

Shoulder, reach, shoulder, knee x 4

Sideways Figure 8's with palms together

### ITSY BITSY TEENY WEENY- Brian Hyland

Roll hands forward walking forward x 4/ Back 4 - repeat x 4

Hand over hand— Double diagonal reaches R/L x 4

Arms side to side waist height R/L x 3 and a half

REPEAT CYCLE TWO MORE TIMES

### HAWAIIAN WAR CHANT- The Ames Brothers

INTRO: Tap heels w/lap taps x 8

Hands together up over right shoulder, left shoulder X 4

One potato two potato x 8

Touch left elbow right hand, reverse x 4

Hands together up over right shoulder, left shoulder X 4

Touch left elbow right hand, reverse x 4

FOUR HULA ARMS R, L X 4, WEIRD BREAK.....Windshield arms x8

Tap heels w/lap taps x 8

Hands together up over right shoulder, left shoulder X 4

One potato, two potato x 8

Touch left elbow right hand, reverse x 4.....improvise...

### COOL DOWN - "Oh What a Beautiful Morning" (Oklahoma)

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“April Showers” (Original performance on Broadway by Al Jolson in 1921)

DRIP DRIP DRIP DRIP, DRIP DRIP DRIP...

Though April showers, may come your way  
They bring the flowers, that bloom in May

So if it's raining, have no regrets  
Because it isn't raining rain, you know,  
It's raining violets

And where you see clouds, upon the hills  
You soon will see crowds, of daffodils

So keep on looking for a blue bird  
And listening for his song  
Whenever April showers come along

INSTRUMENTAL BREAK

So if it's raining, have no regrets  
Because it isn't raining rain, you know,  
It's raining violets

And where you see clouds, upon the hills  
You soon will see crowds, of daffodils

So keep on looking for a blue bird  
And listening for his song  
Whenever April showers come along

DRIP DRIP DRIP DRIP X 2  
PITTER PATTER APRIL SHOWERS

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“Heartbreak Hotel” RELEASED JANUARY 1956 ON RCA RECORDS

Written by Tommy Durden and Mae Boren Axton

Well since my baby left me  
I found a new place to dwell  
Down at the end of lonely street at  
Heartbreak hotel

Well I'll be, I'll be so lonely baby  
Well I'm so lonely baby  
I'll be so lonely, I could die

Although its always crowded  
You still can find some room  
For broken hearted lovers  
Cry away their gloom

CHORUS

The bellhop's tears keep flowing  
And the desk clerk's dressed in black  
They've been so long on lonely street  
They're never ever look back

CHORUS

Well if your baby leaves you  
And you've got a tale to tell  
Just take a walk down lonely street to  
Heartbreak Hotel

INSTRUMENTAL BREAK / SOLO (GUITAR/PIANO)

Although its always crowded  
You still can find some room  
For broken hearted lovers  
Cry away their gloom

CHORUS TO END