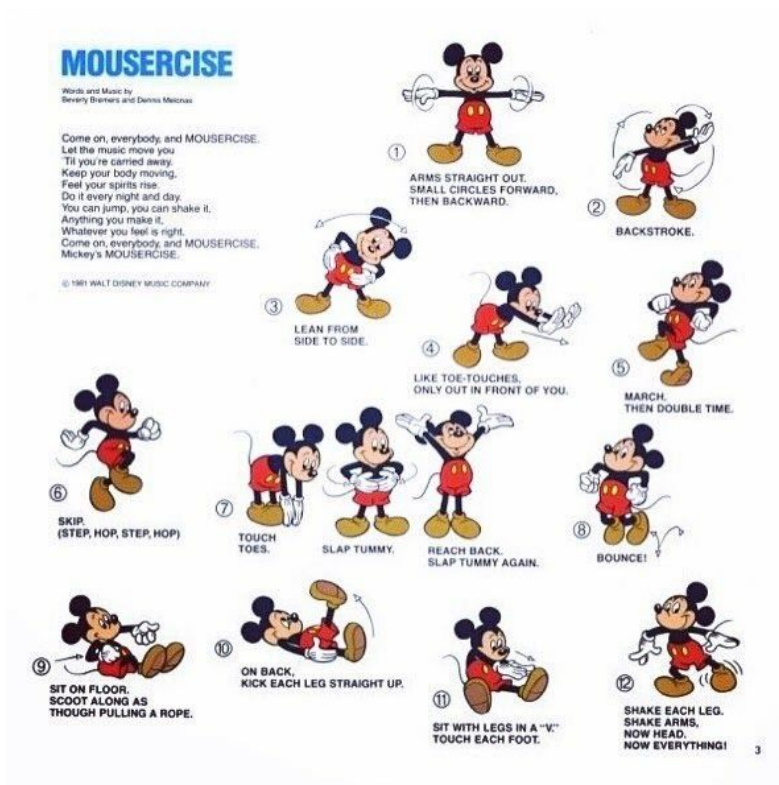


MICKEY MOUSE DAY EXERCISE

https://m.youtube.com/watch?v=7b6d5s_mUbw



1. Get familiar with the exercises.
2. Listen to the YouTube video.
3. Follow along with the instructions.
4. Have fun!!

MOUSERCISE

Words and Music by
Beverly Briners and Dennis McInnis

Come on, everybody, and MOUSERCISE.
Let the music move you
Til you're carried away.
Keep your body moving,
Feel your spirits rise.
Do it every night and day,
You can jump, you can shake it,
Anything you make it,
Whatever you feel is right,
Come on, everybody, and MOUSERCISE,
Mickey's MOUSERCISE.

© 1981 WALT DISNEY MUSIC COMPANY



① ARMS STRAIGHT OUT.
SMALL CIRCLES FORWARD,
THEN BACKWARD.



② BACKSTROKE.



③ LEAN FROM
SIDE TO SIDE.



④ LIKE TOE-TOUCHES,
ONLY OUT IN FRONT OF YOU.



⑤ MARCH,
THEN DOUBLE TIME.



⑥ SKIP.
(STEP, HOP, STEP, HOP)



⑦ TOUCH
TOES.
SLAP TUMMY.
REACH BACK.
SLAP TUMMY AGAIN.



⑧ BOUNCE!



⑨ SIT ON FLOOR.
SCOOT ALONG AS
THOUGH PULLING A ROPE.



⑩ ON BACK,
KICK EACH LEG STRAIGHT UP.



⑪ SIT WITH LEGS IN A "V."
TOUCH EACH FOOT.



⑫ SHAKE EACH LEG.
SHAKE ARMS,
NOW HEAD.
NOW EVERYTHING!