

Hokey Pokey

All children stand in a circle, or parents stand in a circle with babies on their hips.

You put your right foot in,	<i>(Raise right foot towards centre of circle)</i>
You put your right foot out,	<i>(Move right foot behind you)</i>
You put your right foot in,	<i>(Raise right foot towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle right foot)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	

Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
And that's what it's all about, about, about.	<i>(Dance on the spot and clap your hands with the word 'about')</i>

You put your left foot in,	<i>(Raise left foot towards centre of circle)</i>
You put your left foot out,	<i>(Move left foot behind you)</i>
You put your left foot in,	<i>(Raise left foot towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle left foot)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.

You put your right hand in, *(Raise right hand towards centre of circle)*

You put your right hand out, *(Move right hand behind you)*

You put your right hand in, *(Raise right hand towards centre of circle)*

And you shake it all about. *(Wiggle right hand)*

You do the Hokey-Pokey, *(Do a dance)*

And you turn yourself *(Spin around in a circle)*
around.

That's what it's all about!

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.

You put your left hand in,	<i>(Raise left hand towards centre of circle)</i>
You put your left hand out,	<i>(Move left hand behind you)</i>
You put your left hand in,	<i>(Raise left hand towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle left hand)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
And that's what it's all about, about, about.	<i>(Dance on the spot and clap your hands with the word 'about')</i>
You put your right side in,	<i>(Step right half of your body towards centre of circle)</i>
You put your right side out,	<i>(Step right half of your body away from centre of circle)</i>
You put your right side in,	<i>(Step right half of your body towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle right half of your body)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.

You put your left side in, *(Step left half of your body towards centre of circle)*

You put your left side out, *(Step left half of your body away from centre of circle)*

You put your left side in *(Step left half of your body towards centre of circle)*

And you shake it all about *(Wiggle left half of your body)*

You do the Hokey-Pokey, *(Do a dance)*

And you turn yourself *(Spin around in a circle)*
around.

That's what it's all about!

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.

You put your nose in,	<i>(Move your nose towards centre of circle)</i>
You put your nose out;	<i>(Move your nose away from centre of circle)</i>
You put your nose in,	<i>(Move your nose towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle your nose)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
And that's what it's all about, about, about.	<i>(Dance on the spot and clap your hands with the word 'about')</i>
You put your backside in,	<i>(Turn away from circle and jump backwards towards the centre of the circle)</i>
You put your backside out;	<i>(Jump forwards away from centre of circle)</i>
You put your backside in,	<i>(Jump backwards towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle your bottom)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about!	

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.

You put your head in, *(Move your head towards centre of circle)*

You put your head out; *(Move your head away from centre of circle)*

You put your head in, *(Move your head towards centre of circle)*

And you shake it all about. *(Wiggle your head)*

You do the Hokey-Pokey, *(Do a dance)*

And you turn yourself *(Spin around in a circle)*
around.

That's what it's all about!

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

Ooooh do the hokey pokey, *(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)*

And that's what it's all about, *(Dance on the spot and clap your hands with the word 'about')*
about, about.



You put your whole self in,	<i>(Jump towards centre of circle)</i>
You put your whole self out;	<i>(Jump away from centre of circle)</i>
You put your whole self in,	<i>(Jump towards centre of circle)</i>
And you shake it all about.	<i>(Wiggle your whole body)</i>
You do the Hokey-Pokey,	<i>(Do a dance)</i>
And you turn yourself around.	<i>(Spin around in a circle)</i>
That's what it's all about.	

Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
Ooooh do the hokey pokey,	<i>(Kids run to the centre of the circle and back out again, or move your baby to the centre of the circle and back out again)</i>
And that's what it's all about, about, about.	<i>(Dance on the spot and clap your hands with the word 'about')</i>



To download more lullabies and nursery rhymes, visit <http://www.parenthub.com.au>