

Stretchy Shapes! Straight, Curved, and Twisty

Americana
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Verse

G D G D A D G D G D A D/A A G D A

1. Lie down, down on your back. Reach your arms up o-ver your head. Stretch out. Form a straight line, like you're stretch-ing out in bed.

Chorus

G D A D G A D G D A D A

1, 2, 3, 4, 5, 6, 7. G D A D A

8. G D A D A

Breathe in as you stretch. Breathe out to re - lax. Breathe in as you stretch. Breathe out to re - lax. lax.

Verse 2

Curl up, up in a ball.
Pull your knees tight to your chest.
Now rock, rock back and forth.
Stretching slowly is the best.

Chorus

Verse 3

Now roll to your hands and knees.
Curve your back up to the sky.
Then arc, arc your belly down
to the ground. Give it a try!

Chorus

Verse 4

Lift up. Lift your hips up.
Your body forms a triangle.
Be still, just for a bit.
Now start to stretch and wiggle.

Chorus

Verse 5

Stand up, up on your feet.
Put your hands upon your waist.
Now circle your hips around,
standing there in one place.

Chorus

Verse 6

Now spread, spread your feet apart.
Spread your arms to form a star.
Reach up, up with one hand,
then the other hand. It's not hard!

Chorus

Verse 7

Sit down, down on the ground
with your legs in front of you.
Now bend, bend at your waist.
Stretch your fingers toward your shoes.

Chorus

Verse 8

Lie down, down on your back.
Put your hands upon your chest.
Breathe in. Slowly breathe out.
Stay still, it's time to rest.

Chorus