

The Chicken Dance

Open your hands like birds beaks
flap your arms like little wings
shake your tail
and then you clap
1, 2, 3, 4

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Now you circle to the right
Now on and on you circle left
Now on and on you circle right
Now You Are Doing The Chicken Dance!

Source: [Musixmatch](#)

Songwriters: WERNER THOMAS / TERRY RENDALL

The Chicken Dance Drum Fitness

Hit sticks together at chest level
Hit sticks together at waist level
Squat and alternate hits on the ground
Hit sticks together to simulate clap.

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Hit sticks together at waist level
Squat and alternate hits on the ground
Hit sticks together to simulate clap.

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Hit sticks together at waist level
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Hit sticks together at chest level
Hit sticks together at waist level
Squat and alternate hits on the ground
Hit sticks together to simulate clap.

Hit then move arms out while marching in place
Hit then move arms out while marching in place
Hit then move arms out while marching in place
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