

COME ON MOVE AND FREEZE!

**Come on, move and freeze. Come on, move and freeze.
Come on, move and freeze. Come on, move and freeze.**

**Put your right hand on your left knee,
your left hand on your right.
Your knees move in and out.
Your hands stay tight. Now keep
on with your moving but switch
hands on your knees.
Keep on moving in and out till we say freeze.**

**Come on, move and freeze. Come on, move and freeze.
Come on, move and freeze. Come on, move and freeze.**

<https://www.youtube.com/watch?v=SrvvnWq3eiU>

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