

5. Jump And Hop

By Karyn F. Henley © AMCOS

God made me to **jump and hop** x3

jump and hop

Jump and jump and jump and hop

God made me to **twist and turn** x3

hands on hips twisting upper body

Twist and twist and twist and turn

God made me to **swing and sway** x3

bending over swing arms side to side

Swing and swing and swing and sway

God made me to **bend and bow** x3

one arm across front and one arm behind back bend over

Bend and bend and bend and bow

God made me to **nod and shake** x3

nod and then shake hands

Nod and nod and nod and shake

God made me to **wink and blink** x3

one wink one eye - blink both

Wink and wink and wink and blink