

THE CROSS CRAWL SONG



Watch the video here
<https://youtu.be/zavUoEwWJGU>



Get your body ready, it's time to move and play,
Stand up tall, we're warming up today.
Arms out wide at shoulder height,
Twist your body left and right.
Twist it left, twist it right,
Wake your muscles, feel the light.

March, march, knees up high,
Arms reach up, touch the sky.
Left, right, keep it strong,
March along, march along.
Knees up, arms up, moving on,
This is the Cross Crawl Exercise Song.

March in place, nice and slow,
Lift one knee, let your body go.
Tap your hands to the same knee,
March and tap, one, two, three.
Same side tap, keep the beat,
Hands and knees are set to meet.
March it out, stay tall and proud,
Moving strong, you're doing it now.

March again, steady pace,
Lift your knees and find your space.
Tap your hand across your body,
Opposite knee, moving slowly.
Cross it over, left to right,
Take your time, you're doing it right.
March and tap, don't rush through,
Crossing helps your brain work too.

March it out, here we go,
Elbow meets the knee below.
Same side first, nice and clear,
Lift that knee, elbow near.
March and crunch, slow and steady,
Keep your balance, keep it ready.
Switch your sides, try again,
Strong and steady, count to ten.



March in place, stay on beat,
Elbow meets the opposite knee.
Cross your body, reach across,
Slow it down, no need to rush.
Elbow to knee, switch each time,
Left then right, keep the rhyme.
March and cross, feel your flow,
Moving strong from head to toe.

Feet apart, legs long and straight,
Reach across, don't hesitate.
Touch your hand to the opposite foot,
Switch it over, just like you should.
Windmill arms, twist and reach,
Stretch your body, nice and deep.
Left and right, back and forth,
Strong and steady, show your worth.

Take a breath, slow it down,
Feel your feet on solid ground.
Breathe in slow through your nose,
Breathe out gently, nice and slow.

Arms float down, shoulders rest,
Let your body feel its best.
Stand up tall, then let it go,
Heart beats calm and breathing slow.

Feel your legs, feel your feet,
Strong and steady where you meet.
Notice how your body feels,
Still and calm and strong and real.

Take one breath, nice and deep,
In through nose, out through teeth.
Let your muscles soften now,
You did it all, take a bow.

You moved your body, tried your best,
Now it's time to stop and rest.