

Superhero Dance Mix

By Stephen Fite

Are you ready? (point to someone)

Power up! (flex your muscles)

Calling all Superheroes in Training (stand with fists on hip)

It's time to make some noise (make some noise)

Who do you want to be when you're big like me (lift hand high above your head)

You've got to make a choice (point to someone near you)

A Superhero I will be (clap your hands)

A Superhero I will be

Super, Superhero, Nah-Na-Na-Nah (see Activity Suggestions below)

A Superhero I will be

Super, Superhero, Nah-Na-Na-Nah

A Superhero I will be

A superhero is strong now show it (flex your biceps)

A superhero is smart you know it (point to your head)

No need to be afraid (hold up one hand, palm forward)

Or even be dismayed (hold up other hand, palm forward)

Cause we're gonna save the day (thrust your fist in to the air)

A Superhero I will be (clap your hands)

Super, Superhero, Nah-Na-Na-Nah (see Activity Suggestions below)

A superhero is kind now show it (make a heart with your hands on your chest)

A superhero is fearless you know it (stand with fists on hips)

No need to be afraid (hold up one hand, palm forward)

Or even be dismayed (hold up other hand, palm forward)

Cause you're gonna save the day (thrust your fist in to the air)

Superhero yeah (wave both hands above your head)

Super, Superhero, Nah-Na-Na-Nah (see Activity Suggestions below)

A Superhero I will be

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Additional Activity Suggestions/Movements:

When you hear, “Clap your hands!”, clap until you hear, “Super, Superhero Nah-Na-Na-Nah” – beginning on the first syllable of “Su-per”, jump left four times with the beat, pumping left fist in the air, then right three times pumping right fist in the air. Hint: you should start jumping right on the third syllable of “Su-per-he-ro” or the HE. Wave your right arm/hand back and forth with the “Nah-Nah’s”. Thrust your right fist in to the air on the “HEY!” Point to yourself on, “A superhero I will be”, then start jumping left again.