SINGING IN 3D WITH SHABANG!

SHIMMY AND SHAKE AND ROLL

We hope you enjoy this original Shabang Song.
Here are some ideas to help your song go with a swing – we call this "singing in 3D" – it helps to make a song as accessible as possible, for everyone. Shabang songs are pretty straightforward to sign in Makaton.

SHIMMY AND SHAKE AND ROLL is a great rock 'n' roll style warm up song.
Use it to energise at the start of any session.
It will get children moving and dancing.

Teaching the moves :
Use cheerleader pompoms if you have them – the words are self explanatory –
"SHIMMY" – shake your shoulders
"SHAKE" – shake you hands
"ROLL"- "wind the bobbin up" movements rolling one hand over the other, down to your feet
"IF YOU CAN TAKE THE HEAT" - Wipe the sweat from your brow
"PRESS REPEAT" – use the sign for more or again

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Other Ideas:

· Introduce inflatable guitars or ukeleles for guitar solos

· Dance in a circle and take it in turns to have your moment of stardom in the middle

· Make your own cheerleader pom poms from strips of crepe paper or ribbon

· Re enact the the verses eg "in my bed" "Strutting my stuff" "heading out that door"

· Listen to rock n roll music

· Dress up!

Have fun and let us know how it goes – send us pictures – we would love to see how you get on.

Click to listen to 'Shimmy and Shake and Roll' on YouTube

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