

Exercise & Singalong

Here are some fun old-time tunes to exercise to!

I've Got a Lovely Bunch of Coconuts

Exercise with ball games, passing, catching, rolling etc to the music of [I've Got a Lovely Bunch of Coconuts \(YouTube\)](#)

Lyrics (sample)

I've got a lovely bunch of coconuts
There they are all standing in a row
Big ones, small ones, some as big as your head
Just give them a twist, a flick of the wrist
That's what the showman said.

I've got a lovely bunch of coconuts
Evey ball you throw will make me rich
There stands my wife, the idol of my life
Singing roll or bowl a ball a penny a pitch.

Singing roll or bowl a ball a penny a pitch
Roll or bowl a ball a penny a pitch
Roll or bowl a ball, roll or bowl a ball
Singing roll or bowl a ball a penny a pitch.

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Show Me The Way To Go Home

Exercise to the music of:

[Show Me The Way To Go Home \(YouTube\)](#)

Circle right hand to the right x 4

Circle right hand to the left x 4

Circle left hand to the right x 4

Circle left hand to the left x 4

Lift right foot toes up and down x 4

Lift left foot toes up and down x 4

Lift right foot heel up and down x 4

Lift left foot heel up and down x 4

Repeat as many times as you want.

Lyrics (sample)

Show me the way to go home

I'm tired and I want to go to bed

I had a little drink about an hour ago

And it's gone right to my head

No matter where I roam

On land or sea or foam

You will always hear me singing this song

Show me the way to go home.

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Tiptoe Through The Tulips

Hands, fingers and toes. to the music of:

[Tiptoe Through The Tulips \(YouTube\)](#)

Touch each finger to thumb, right hand, left hand, together x 4

Tiptoe alternate feet x 6

Lyrics (sample)

Tiptoe through the window
By the window that is where I'll be
Come tiptoe through the tulips with me.
Oh tiptoe from the garden
By the garden of the willow tree
And tiptoe through the tulips with me
Knee deep in flowers we'll stray
We'll keep the showers away
And if I kiss you in the garden, in the moonlight
Will you pardon me?
And tiptoe through the tulips with me.

Exercise & Singalong

Oh! Oh! Antonio

Exercise to the music of:

[Oh! Oh! Antonio](#)

Step right foot to side and return x 2

Step left foot to side and return x 2

Left foot forward, stay

Right foot forward, stay

Left foot back

Right foot back

Waltz swaying arms and body to the music

Lyrics (sample)

Oh, Oh, Antonio

He's gone away

Left me alone-e-o

All on my own-e-o

I want to meet him with his new sweetheart

Then up will go Antonio and his ice cream cart.

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The Happy Wanderer

Marching or walking swinging arms while lifting the heel only off the floor up and down alternatively to the music of:

[The Happy Wanderer \(YouTube\)](#)

Lyrics (sample)

I love to go a wandering , along the mountain track,
And as I go, I love to sing, my knap-sack on my back.

Val de ri - Val de ra - Val de ri
Val da ra ha ha ha ha ha
Val de ri - Val-de ra - My knap-sack on my back.

I love to wander by the stream that dances in the sun
So joyously it calls to me
Come join my happy song

Never On A Sunday

To give the feel of Cha Cha Cha use hand instruments , such as maracas, toy rattles, clapping hands together or onto knees, whatever you can find suitable, something to shake.

[Never On A Sunday \(YouTube\)](#)

Lyrics (sample)

You can kiss me on a Wednesday, a Thursday,
A Friday, or Saturday is best
But never, never on a Sunday,
A Sunday the one day I need a little rest.

Come any day , and you'll be my guest
Any day you say, but not my day of rest
Just name the day, that you like the best
Only stay away, on my day of rest.

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Gwyneth volunteer