

# ENERGIZERS

## Banana Dance (EEP – Gr. 6)

### Instructions:

*Action All: Hands go over the head like a pencil while leader says “banana’s of the world unite”*

Leader: Banana’s of the world...unite!

*Action: Reach up to pick bananas, alternating left and right*

Leader: Pick bananas, pick-pick bananas

All: Pick bananas, pick-pick bananas

*Action: Fist pump right, then left*

Leader: Peel bananas, peel-peel bananas

All: Peel bananas, peel-peel bananas

*Action: Karate chop in front of the body, alternating hands*

Leader: Slice bananas, slice-slice bananas

All: Slice bananas, slice-slice bananas

*Action: With hands in fists, bump the top of the hand bottom of the other hand in a mashing motion*

Leader: Mash bananas, mash-mash bananas

All: Mash bananas, mash-mash bananas

*Action: Pretend to eat mashed bananas with your hands*

Leader: Eat bananas, eat-eat bananas

All: Eat bananas, eat-eat bananas

*Action: Dance and spin in a circle with hands over your head*

Leader: Go bananas, go-go bananas!

All: Go bananas, go-go bananas!

\*You can check out YouTube for a video demonstration of the song.