

## Tour of New York

**1<sup>st</sup> Stop: Empire State Building.** *Stretch tall like the Empire State Building!*

Reach your arms over your head, leaning one way, bring your arms back down and reach them back up again, leaning the other way. Repeat.

**2<sup>nd</sup> Stop: Statue of Liberty.** *Pose like the Statue of Liberty!*

Stick your right hand up over your head in a fist, place your left hand on your hip, and step to the right. Repeat on both sides.

**3<sup>rd</sup> Stop: Thousand Islands.** *Swim around the Thousand Islands!*

Extend your arms forward in a butterfly stroke motion. Step to the right and left as you make each stroke.

**4<sup>th</sup> Stop: Niagara Falls.** *Make your own waterfall at Niagara Falls!*

Start with your hands raised up before you and rain them down like a waterfall. Jump side to side as you make each waterfall motion.

**5<sup>th</sup> Stop: Central Park.** *Jog through Central Park!*

Run in place.

**6<sup>th</sup> Stop: Metropolitan Museum of Art.** *Observe the art at the Metropolitan Museum of Art!*

Step to your right. Make a fist with your right hand and place it under your chin, with your left hand touching your right elbow. Repeat on both sides.

**7<sup>th</sup> Stop: Yankee Stadium.** *Throw the opening pitch at Yankee Stadium!*

Step back with your right foot and bring your hands up by the right side of your head, as if holding a ball. Bring your left knee up, then as you step back down, throw your right arm forward as if throwing a baseball. Repeat and switch sides as indicated.

**8<sup>th</sup> Stop: Grand Central Terminal.** *Toot the train horn at Grand Central!*

Bring your right arm above your head and pull it down as if blowing the horn on a train. Bring your right knee up as you do this. Repeat on both sides.

**9<sup>th</sup> Stop: Rockefeller Center.** *Go ice skating at Rockefeller Center!*

Step backwards with your left leg into a backwards lunge, with your hands behind your back. Repeat on both sides.

**10<sup>th</sup> Stop: Carnegie Hall.** *Lead the Orchestra at Carnegie Hall!*

March in place. Move your hands as if you were a conductor in an orchestra.

**11<sup>th</sup> Stop: Times Square.** *Call for a cab at Times Square!*



Keep your elbows in, forearms in front of you and hands in fists. Step to the right and reach your right arm out as if calling for a taxi. Step back in and bring your arm back to your side. Repeat on both sides.