



EXTENSION

College of Agriculture,  
Biotechnology & Natural Resources

***All 4 Kids: Healthy, Happy, Active, Fit***

**Ven Conmigo**

*by Christy Sluyter*

© 2009 University Nevada Cooperative Extension/ASCAP

*All rights reserved, used by permission*

**Verse:** You and me, we are family  
We are all in the same crowd  
Though we're different  
We are all unique  
Let's take care of our bodies and be proud

**Pre Chorus:** Baile! No matter what you look like  
Cante! Hey! Hey! Hey!

**Chorus:** Ven Conmigo, Ven Conmigo  
Baila Amigo Baila  
Ven Conmigo, Ven Conmigo  
Baila Amigo Baila

**Verse:** Whether we dance or run  
We can all have fun  
It's our way of keeping fit  
So when you're with your friends  
Encourage them to  
Just keep moving and don't (NO SIENTE!) sit!

***Promotes acceptance of self and others***

# **CREDITS**

## **“Ven Connmigo”**

©2022 University of Nevada, Reno Extension

### **Executive Producer**

Anne R. Lindsay Ph.D., FACSM

Professor, UNR Extension

### **SONG**

#### **Music Arrangers & Producers**

Volume 1, Annie Lindsay, Christy Sluyter, Robert Root

#### **Recording Artists**

Volume 1

#### **Music & Lyrics by**

Christy Sluyter

#### **Recorded, Mixed & Mastered by**

Robert Root, Thomas “TBone” Demman @ SonSong Recording Studios

### **MUSIC VIDEO**

#### **Video Producers**

Angel Mullis, Anne Lindsay

#### **Writing, Filming & Editing Directors**

Rory Johnston, Kenneth Parker (Denali Sound & Vision, LLC)

#### **Photography**

Scott Beck (Director), Cindi Kay Morehead

#### **Choreography**

Christy Sluyter, Ashley Donnell

#### **Special thanks to:**

Canyon Ridge Christian Church, Acelero Learning Head Start, the Healthy Kids Early Start Team and the many wonderful volunteers and Extension staff who participated in the making of this project.

*All rights reserved. No portion of the media project may be reproduced or used in any manner without written permission of the copyright owner except for the use of quotations in a book review.*

*This project was funded, in part, by Supplemental Nutrition Assistance Program (SNAP), an equal opportunity and provider.*



**EXTENSION**  
College of Agriculture,  
Biotechnology & Natural Resources

**For more information, call 702-940-KIDS (5437)**

**[extension.unr.edu/healthykids](http://extension.unr.edu/healthykids)**

An EEO/AA Institution





# Ven Connmigo

## Step-by-Step Instructions (Lessons 17-24)

- **Clap Double Time\***

(Musical Intro)

- March and clap hands double time



- **Sway - 2x**

(First 2 lines of verse)

- Sway left



- Sway right



\* Detailed description of movement is provided on separate sheet



- **Salsa Step\* - 12x**  
(Remainder of first verse)

- Hands on hips



- Small step forward



- Step together



- Small step backwards



\* Detailed description of movement is provided on separate sheet



- **Slow Spin counterclockwise\***

(Chorus)

- Scarves up high



- Slowly pivot on one foot counterclockwise



- **Slow Spin clockwise\***

(Chorus repeat)

- Scarves down low



- Slowly pivot on one foot clockwise



\* Detailed description of movement is provided on separate sheet



- **Clap Double Time\***  
(Instrumental Break)
- **Sway\* - 2x**  
(Verse 2, Lines 1-3)
- **Salsa Step\* - 3x, then squat and jump up high**  
(Verse 2, Lines 4-7)
- **Salsa Step\*- 8x**  
(Remainder of Verse 2)
- **Slow Spin counterclockwise\***  
(Chorus)
- **Slow Spin clockwise\***  
(Chorus repeat)

- **Free dance—move however you want and dance with others**  
(Instrumental break)



- **Slow Spin counterclockwise\***  
(Chorus)
- **Slow Spin clockwise\***  
(Chorus repeat)
- **Free dance—move however you want and dance with others**  
(Instrumental break)

\* Detailed description of movement is provided on separate sheet



# Description of Specific Moves for Ven Conmigo

## **Clap Double Time**

- Stomp your feet, alternating right and left
- As you stomp, clap your hands in double time to the beat of the music

## **Sway (left, right)**

- Start by standing with feet shoulder width apart and hands at side
- Shift weight to your left foot while bringing right foot up on its tippy-toe
- As you do this, swing both arms up to the left and point hands towards the ceiling
- Return to starting position
- Shift weight to your right foot while bringing left foot up on its tippy-toe
- As you do this, swing both arms up to the right and point hands towards the ceiling
- Return to starting position

## **Salsa Step**

- Start by standing with both feet together and arms at your side
- Take small step forward with right foot, shifting weight through hips and pushing right hip forward
- Move right foot back to starting position so feet are next to each other
- Take small step backwards with left foot, shifting weight through hips and pushing left hip backwards
- Move left foot back to starting position so feet are next to each other
- Incorporate arm movements into salsa step

## **Slow Spin counterclockwise**

- Spin slowly on left foot while waving right arm up high in the air
- Weight should shift in hips with each step and between left and right feet
- Should be able to make about 4 steps to make a complete circle and end up in starting position

## **Slow Spin clockwise**

- Spin slowly on right foot while waving left arm down low towards floor
- Weight should shift in hips with each step and between left and right feet
- Should be able to make about 4 steps to make a complete circle and end up in starting position