

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 Conmigo"

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Executive Producer

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<u>SONG</u>

Music Arrangers & Producers

Volume 1, Annie Lindsay, Christy Sluyter, Robert Root

Recording Artists

Volume 1

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MUSIC VIDEO

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

Eat Healthy Beactive

EXTENSION College of Agriculture, Biotechnology & Natural Resources extension.unr.edu/healthykids An EEO/AA Institution



Ven Conmigo Step-by-Step Instructions (Lessons 17-24)

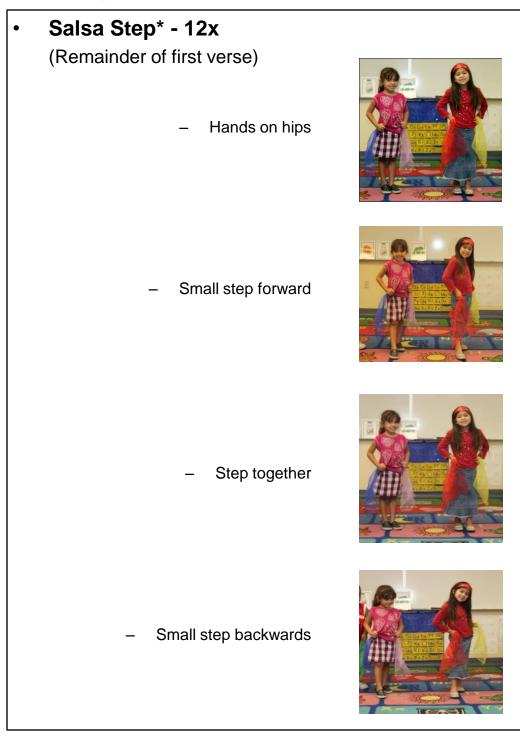
Clap Double Time* (Musical Intro) March and clap hands double time Sway - 2x (First 2 lines of verse) Sway left

Sway right











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





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)



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