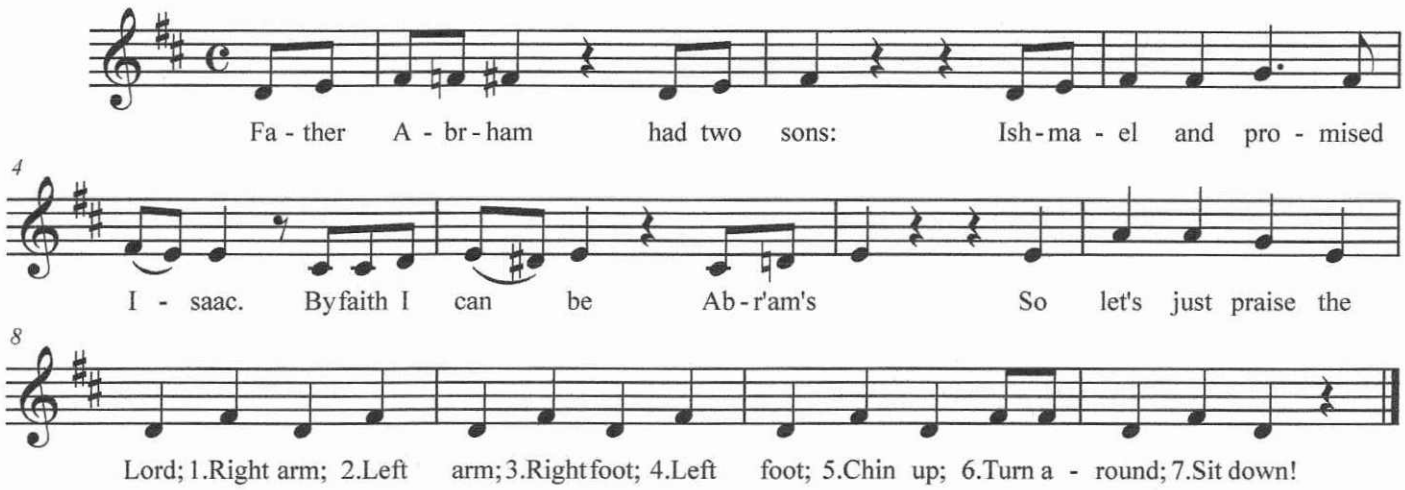
Father Abraham (altered)

Folk Song



Sing the song seven times, each time repeating the previous motion(s), adding another motion, and continuing those motions while singing the next stanza. Note that the last stanza is shown in the music above.

1. "Right arm" (clench right fist, bring fist to shoulder)
2. "Right arm; Left arm" (Clench left fist and bring to left shoulder)
3. "Right arm; Left arm; Right foot" (Step with right foot)
4. "Right arm; Left arm; Right foot; Left foot" (Step with left foot)
5. "Right arm; Left arm; Right foot; Left foot; Chin up" (Move head up and down)
6. "Right arm; Left arm; Right foot; Left foot; Chin up; Turn around" Turn body around)
7. "Right arm; Left arm; Right foot; Left foot; Chin up; Turn around; Sit down" (Sit down and cease all motion)

Words by M. Alexander
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