

The Hokey-Pokey



Tempo di Pokey

This is a traditional children's dance, in which the instructions in the song are followed. Children usually make a circle, although the movements can be done in almost any formation. The motion for "do the Hokey-Pokey" is a hula-type hip swing with index fingers pointed upward in the air. No motion is necessary for "That's what it's all about," and a clap is given on "Hey." Or, you can clap throughout the last line.



F

1 2 1 4 4 4 1 2 1

You put your { right left right } foot foot in; You put your hand }

mf

4 4 4 1 2 1 4 4 4 2 1

{ right left right } foot foot out; You put your { right left right } foot foot in, And you hand }

C(7)

3 2+ 3 2+ 3 1 3 2+ 3 2+ 3 5 2 1

shake it all a-bout. You do the Hok - ey - Pok - ey, And you

3 2+ 3 2+ 3 1 1 1 2 3
 turn your-self a - bout. That's what it's all a -

For additional words *Last time*
 F F
 4 (8) 1 2 1 4 (13)
 bout. Hey, you put your bout. Hey!
 (both hands) 8va higher

4. Hey, you put your left hand in;
 You put your left hand out;
 You put your left hand in,
 And you shake it all about.
 You do the Hokey-Pokey,
 And you turn yourself about.
 That's what it's all about.



5. Hey, you put your right shoulder in;
 You put your right shoulder out;
 Etc.

6. Hey, you put your left shoulder in;
 You put your left shoulder out;
 Etc.

7. Hey, you put your right hip in;
 You put your right hip out;
 Etc.

8. Hey, you put your left hip in;
 You put your left hip out;
 Etc.

9. Hey, you put your whole self in;
 You put your whole self out;
 Etc.

