

# Smart Moves 2: Preschool thru 1st Lyrics for Music CD

Featured in Head Start's "I am Moving. I am Learning." (IMIL) Anti-obesity campaign

- 1. Build a Bridge 1:17
- 2. Take That Rope (Letters) 3:22
- 3. Step on the Stones (Colors) 3:41
- 4. Show Me Your Middle 1:37
- 5. Dance Freeze 2:37
- 6. We Are Rolling 1:46
- 7. How Low is Low? 1:10
- 8. Play in the Band 2:57
- 9. Can You Find the Shape? 2:34
- 10. Chuggin' Down the Track 2:57
- 11. Go 'Round the Village 2:09
- 12. Balance It On My Head 2:14
- 13. Keep It Up! 2:05
- 14. With a Letter or Two 2:48
- 15. Bounce That Ball To Me 2:27
- 16. Step on the Stones (Color Patterns) 3:41
- 17. Build a Bridge (Warp Speed) 1:18
- 18. Keep It Up! (Instrumental) 2:05

### **Spanish Versions:**

- 19. Step on the Stones (Colors)
- 20. Take That Rope (Letters)
- 21. Chuggin' Down the Track
- 22. Roll That Ball To Me
- 23. Play in the Band
- 24. --- The End ---

#### Approx. running time: 53 min.

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## Important:

- 1. Music can be played for movement or simply for music appreciation.
- 2. Make sure the actions are age-appropriate. Modify accordingly.
- 3. Clear the area of toys and furnishings to avoid trips and falls.
- 4. Space children properly to avoid collisions, interference and distractions.
- 5. Practice the moves and steps prior to playing the song
- Physically guide children through the song
   – WITH ENTHUSIASM!
- 7. Review class room rules to avoid chaos.
- 8. Use child-safe props.
- 9. Use fine motor (sit down/cool down) songs at the end of your active session.

# 1. Build a Bridge

Hand or interactive song that introduces building of structures: bridge-tunnel-road, cave-tower-wall.

- a) Children build imaginative structures using just their hands and other parts of their bodies
- b) Children team up, join hands and build their structures.

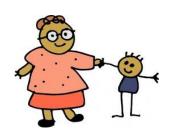
Build a bridge Build a tunnel Build a road Build a bridge

Build a tunnel Build a road

Build a bridge Build a tunnel Build a bridge

Build a tunnel

Build a bridge Build a tunnel Build a road



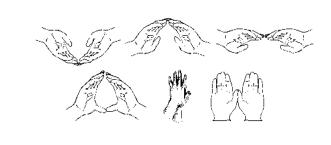
Build a cave Build a tower Build a wall

Build a cave Build a tower Build a wall

Build a cave Build a tower

Build a cave Build a tower

Build a cave Build a tower Build a wall





### 2. Take That Rope (Letters)

A prop game that promotes letter recognition, phonetic awareness, teamwork and reactive movement. Independently use a short string. Large groups can use a rope for this exercise. Group size is determined by the length of the rope. Alternative props are laces, strings, magic ribbons (elastic), the children's bodies, hands/fingers, chalk, small blocks or other manipulative pieces. Children form the following letters: O, V, P, C, S, G, L on the ground, at their desk, or in the air. Review how the children, with prop in hand, have to form the shape of the letter that is called out. Holding up the letters on a cue card to improve comprehension.

To increase level of difficulty, encourage the children to continue moving around in a circle or raise and lower their letter, while still holding the shape of the letter they have formed out of rope.

- a) Call out the sound that the letter makes or shout out words that begin with the letter.
- b) Call out words that begin with that letter.
- Is it an upper or lower case letter?
- c) Team up and make the letters using rope or their bodies—either standing, or laying on the floor.
- d) Spell a word out of multiple ropes? Words that rhyme? Site words? Action words? Then complete the action?

Don't forget to "Yee Ha!"

Take that rope and make an "O" Circle 'round and make an "O" Outside, over, open O Make it, make it, make an "O" Make it, make it, make an "O"

Take that rope and make an "V" Point it down and make a "V" Very, vivid, vocal V Make it, make it, make an "V" Make it, make it, make an "V"

Take that rope and make a "P" Loop it 'round and make a "P" Popping, prancing, pretty P Make it, make it, make a "P" Make it, make it, make a "P"

Take that rope and make a "C" Open up and make a "C" Closer, centered, careful C Make it, make it, make a "C" Make it, make it, make a "C"



Take that rope and make an "S" Snake around and make an "S" Swerving, silent, secret S Make it, make it, make an "S" Make it, make it, make an "S"

Take that rope and make a "G" Curve it in and make a "G" Goofy, grateful, gentle "G" Make it, make it, make a "G" Make it, make it, make a "G"

Take that rope and make an "L" Straighten out and make an "L" Lucky, laughing, lazy L Make it, make it, make an "L" Make it, make it, make an "L"

Red stones, not in the water Red stones, not in the water You better watch out or you might fall in

You better watch out or you might fall in

Step on blue stones, I said blue Step on blue stones, he said blue If you fail, you'll get wet, too. Step on blue stones, he said blue

Step on the blue stones, not in the water Blue stones, not in the water, children Blue stones, not in the water Blue stones, not in the water You better watch out or you might fall in

You better watch out or you might fall in

Step on yellow stones, I said yellow Yellow stones, he said yellow Don't fall in, Yes, I said so Step on yellow stones, he said yellow Step on the yellow stones, not in the water Yellow stones, not in the water, children Yellow stones, not in the water Yellow stones, not in the water You better watch out or you might fall in

You better watch out or you might fall in

Step on green stones, I said green
Step on green stones, he said green
Green is always what it seems
Step on green stones, he said green
Step on the green stones, not in the water
Green stones, not in the water, children
Green stones, not in the water
Green stones, not in the water

You better watch out or you might fall in You better watch out or you might fall in

You better watch out or you might fall in

Spanish: Red / Roja Blue / Azul Amarillo / Yellow Green / Verde

# 4. Show Me Your Middle

Motor skill song that familiarizes children with how their bodies can move, and supports the following directions. Be sure to discuss how important it is not to fight.

You gotta show me your middle (Point at tummy)
Show me your middle
Rub on your top
Rub on your top
(Rub or pat head)



# 3. Step on the Stones (Colors)

Step on the stones, not in the water Stones, not in the water, children Stones, not in the water You better watch out or you might fall in

Step on red stones, I said red Step on red stones, he said red Step on red, do what I said Step on red stones, he said red Step on the red stones, not in the water Red stones, not in the water, children



You gotta touch on the bottom Touch on the bottom (Touch on the feet) Please don't stop Please don't stop (Touch feet again)



- Yeah Yeah

You gotta slide over sideways (Slide sideways with feet) slide over sideways Kick to the side Kick to the side

You gotta punch like a boxer Punch like a boxer Please don't fight Please don't fight

- Yeah Yeah

You gotta jump like a bunnie jump like a bunnie Reach for the sky reach for the sky

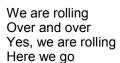
You gotta bend over easy bend over easy Give it a try Give it a try

Yeah Yeah

You gotta tip toe softly tip toe softly Back-up and turn back-up and turn

You gotta squat like a froggie squat like a froggie Something to learn Something to learn

- Yeah, Yeah
- Yeah. Yeah
- Yeah, Yeah



We are rolling High up and over Yes, we are rolling Here we go

We are rolling Over and under Yes, we are rolling Hi and low

We are rolling Low down, and under Yes, we are rolling Yes, I know



We are rolling
This way & that way
Yes, we are rolling
To and fro

We are rolling Over and over Yes, we are rolling Tootsie Roll

We are rolling
Over and over
Yes, we are rolling
Head to toe

We are rolling Back where we came from Yes, we are rolling Back we go

#### 7. How Low is Low?

Song supports concepts of size, space, and direction. Children stand in one place and move to the rhythm as they adjust their arms and legs to demonstrate the size changes in the song, Using their hands, or props such as a rope or manipulatives, children work individually or as a team.

How low is **low**, to the **bottom** can you go? (Touch feet or hold rope at feet) How high is **high?**Reach up **top** to the sky. (Reach up on tip toes or raise rope above head)



How small is **small.? Lttle tiny**, smaller, small (Squeeze body into a tight ball, scrunch up rope) How wide is **wide**, spread 'em wide, at each **side** (Stretch arms out wide to sides or hold rope horizontally)

How thin is thin make it **thin below** your chin (With arms flat on side, stand tall - or hold 1 end of rope and let the other drop)

How large is **large?** You take charge. Show me large. (Make body as big as possible, the rope too)

Push way up **tall, above** your head, don't you fall (Reach up on tip toes or raise rope above head) How thick is **thick, s**how it quick, make it thick (Spread body wide, or mold the rope into a thick shape or double it up)

Come back to **narrow, m**ake it **narrow, c**ome back in. (With arms flat on side, stand tall - or hold 1 end of rope and let the other drop)

How short is **short?** Hold your hand down. Make it short (Drop body low, hold rope low to the floor)

How long is **long?** For the end, of the song? Just make it **long** (Stretch body, or – stretch the rope long, or drag it along the floor)

#### 5. Dance Freeze

An up-tempo gross motor free dance song that enhances listening skills. Kids dance and freeze when the music stops. Feel free to assign locomotor moves throughout the song: walk, run, jump, hop, skip, gallop, leap, slide, tip toe and march.

#### Alternatives:

- a) During the freeze section, when it's quiet, call out a change in the direction of the movement.
- b) Guide the children around props.
- c) Form a line.
- d) Dance and freeze in a zig zag/circle or variety of shapes... triangle, diamond, etc.
- e) Find a partner and high five/low five/high ten/etc.
- f) Touch different body parts: toes, touch elbows, shake a leg, tick tock arms, etc.

Dance when you hear music And when it stops you freeze Start dancing when it starts again Dance freeze, dance freeze, dance freeze

#### 6. We are Rolling

There are so many ways to roll: just the forearms, full bodied like a Tootsie Roll on the floor, or roll head-to-toe in a supervised gym setting over pads and inclined mats. Take the roll above the head, over and under (roll up above the head, and down toward the knee), low down and under (roll lower to the feet), this way and that way (roll left and right), over and over, back where they came from (backwards in the opposite direction).

Alternative: Roll a ball around, through, over, or under obstacles.

#### 8. Play in the Band

Children are encouraged to mimic the playing of imaginary instruments as they are called out. Review the various instruments, how they look, how they are played, how they sound. Children make fake instruments out of cut-out cardboard or plastic bottles that they can decorate themselves, or use look-alike props. Split a group up into 2 sections, each assigned to play alternating instruments.

Pick up and instrument Let's play in the band

Piano Saxophone Trombone Guitar Bass Drums



## 9. Can You Find the Shape?

Concentrates on shape recognition, reactive movement and action sequences or patterns. When a shape is found, the child completes the physical action: <a href="mailto:triangle/jump-slide-slide">triangle/jump-slide-slide</a>, <a href="mailto:oval/shuffle-shuffle-spin">oval/shuffle-shuffle-spin</a>, <a href="mailto:square/hop-skate-skate">square/hop-skate-skate</a>, <a href="mailto:diamond/kick-kick-turn</a>, <a href="mailto:star/waddle-waddle-pause</a>, <a href="mailto:rectangle/leap-stomp-stomp</a>, and <a href="mailto:circle/run-run-freeze">circle/run-run-freeze</a>. Post shapes that children can search for: on the floor, on the wall, in a mixed up pile. Make shapes out of rope, yarn, or string...as a group, or independently. Locomotor around the shapes, jump into and out of them, etc. Relate the action to their experiences, the way animals move, a sport, or an activity.

Using many manipulatives...

- have the children sort by color/shape/size.
- graph the piles that they sort.
- add or subtract the items. (add 1 color/shape/ size to/from another)
- make patterns using the different characteristics.

Can you find a triangle 3-corners, 3-sides When you find a triangle Jump, slide, slide Jump, slide, slide Jump, slide, slide

Can you find an oval A long rounded oval When you find an oval Shuffle, shuffle, spin Shuffle, shuffle, spin Shuffle, shuffle, spin

Can you find a square 4 corners & 4 even sides When you find a square Hop, skate, skate Hop, skate, skate Hop, skate, skate Can you find a diamond A kite shaped diamond When you find a diamond Kick, kick, turn Kick, kick, turn Kick, kick, turn

Can you find the shooting star A 5-pointed shooting star When you find the shooting star Waddle, waddle, pause Waddle, waddle, pause Waddle, waddle, pause

Can you find the rectangle A square with 2 long sides When you find the rectangle Leap, stomp, stomp Leap, stomp, stomp Leap, stomp, stomp Can you find a circle A perfect rounded circle When you find a circle Run, run, freeze Run, run, freeze Run, run, freeze



# 10. Chuggin' Down the Track

Gross motor song designed to promote teamwork and imaginative play. Independently or lined up, each child is part of the train with one child assigned to be the engine. The train moves in a coordinated motion, following the directions. Chug around tables, hoops, cones, or natural outdoor props.

#### Spanish:

Down / Bajo
Right / Derecho
Left / Izquierda
Blow horn / Sopla el pito,
Swerve / Tuercete
Down in the tunnel / Abajo el túnel Faster / Mueve rápido
Back-up / Muevete hacia atrás

Engine, Engine Number 9 Goin' Down the Railroad Line If the train goes off the track Do you want your money back

Slow down / Moviendote despacio

Chuggin' Chuggin' down the track Chuggin', chuggin' down the track Wheels are rolling down the track All in line, now don't look back

Chuggin' Chuggin down the track Turnin' right, now don't look back Turnin' right, now don't look back All in line, chug down on the track

Chuggin' Chuggin down the track Turnin' left, now don't look back Turnin' left, now don't look back All in line, chug on the track Chuggin' Chuggin down the track

Blow the horn, now don't look back Blow the horn, now don't look back All in line, chug on the track

Chuggin' Chuggin down the track Swurving, curving don't look back Swurving, curving don't look back All in line, chug on the track

Chuggin' Chuggin down the track Down through the tunnel, don't look back Down through the tunnel, don't look back All in line, chug on the track



## 10. Chuggin' Down the Track ~ Continued

Chuggin' Chuggin down the track Movin' faster, don't look back Movin' faster, don't look back All in line, chug on the track

Chuggin' Chuggin down the track Backing up, we're moving back Backing up, we're moving back All in line, back on the track

Chuggin' Chuggin down the track Slowing down, now don't look back Slowing down, now don't look back Stopping, stopping, on the track



# 11. Go 'Round the Village

This circle game that facilitates teamwork and social interaction. Can be played standing in a circle, holding hands (or not), or grabbing the outside of a parachute, round table cloth, magic band (elastic), or rope.

Go right around the village Go left around the village Go right around the village As we have done before

Go right around the village
Go left around the village
Go right around the village
As we have done before
(Travel around & around in a circle changing
Direction first right, then left, then right),.

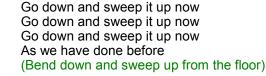
Go in close and back out now
Go in close and back out now
Go in close and back out now
As we have done before
(Step in close to the center & back out)

Go up and down the ladder Go up and down the ladder Go up and down the ladder As we have done before (Raise and lower arms & legs, as if going up and down a ladder)

Make waves off to the right now
Make waves off to the right now
Make waves off to the right now
As we have done before
(Turn and make a wave with the right hand)

Wave left the other way now
Wave left the other way now
Wave left the other way now
As we have done before
(Turn and make a wave with the left hand)

Go right around the village Go left around the village Go right around the village As we have done before



Go right around the village Go left around the village Go right around the village As we have done before

Go wide and spread it out now
Go wide and spread it out now
Go wide and spread it out now
As we have done before
(Step away from each other, as wide as you can)

Go sideways in and out now
Go sideways in and out now
Go sideways in and out now
As we have done before
(Turn sideways and take steps in and out)

Back in and step it out now
Back in and step it out now
Back in and step it out now
As we have done before
(Face out and step backward and then forward)

Go right around the village Go left around the village Go right around the village As we have done before



## 12. Balance It on My Head

A gross motor song that develops balance and promotes good posture. The goal is for children to place an object such as a bean bag, a paper plate, or manipulative on their head and challenge complete the actions without dropping the object: walk, turn, tip-toe, dance, skip, and sit down.

Move around a designated course, or turn the activity into a tag team relay.

Challenge the kids to act like "The Cat in the Hat," who always balanced more than one thing on his head. Layer a felt piece, a small toy plastic plate and then a bean bag or manipulative.

What's sitting on my head Balancing on my head I can walk straight ahead With this thing on my head

What's sitting on my head Balancing on my head Think I'll turn around instead With this thing on my head

What's sitting on my head Balancing on my head Think I'll tip toe straight ahead With this thing on my head What's sitting on my head Balancing on my head Think I'll try to dance instead With this thing on my head

What's sitting on my head Balancing on my head I can skip straight ahead With this thing on my head

What's sitting on my head Balancing on my head Think I'll sit down instead With this thing on my head

## 13. Keep It Up!

A simple "break the ice" game requiring children to keep a soft, floating object from hitting the ground using their hands, elbows, head, knee, or feet. Use a balloon, beach ball, or balled up paper, a softly stuffed & tied-off paper bag, or a stuffed sock.

Push it up Keep it up Push it up Mantenlo hacia arriba Aviéntalo para arriba Hey! Ho!

No hands, no hands With your head Con tú cabeza With an elbow Con tú codo Pero, no tus manos

Whatcha' got? Got a knee? Set it free Higher now Más alto There it goes

Alli va
No hands
Keep it up
No tus manos
With your feet
Con sus pies
Here we go
Vamonos



Push it high

Keep it up Push it up Keep it up aviéntalo, más alto, al cielo, vamonos

Oh no! Not the flo'
Ooooouuuuu!
Got a knee
Set it free
Usa tú rodilla
No hands
No hands

Ha! Haaaaa!

Push it up Keep it up Push it up

Push it up Keep it up Push it up



J is the letter
That jumps & jiggles
Can you jump up high
4 times with a wiggle
(Jump 4 times)

L is a letter That lunges & leans Can you lung with your legs 5, bent at the knee (Lung your legs 5 times)

M is the letter That mixes & matches Can you mix and stir 6 times, 6 batches (Mix the batter with both hands)

P is the letter That prances and pops Can you pop the bubbles Pop 7, then stop (Pop the 7 bubbles with clapping hands) R is the letter That races and rubs Can you rub your hands 8 times rub a dub (Rub the hands together 8 times)

S is the letter That stands and slides Can you slide your feet 9 times to the side (Slide your feet 9 times)

T is the letter That turns and taps Can you tap your feet 10 times just like that (Tap your feet 10 times)

Well, that was fine The things that you did The way that you moved And, so many times

Now you pick a letter Tell me what do What do you have in mind? One move, or few.



#### 14. With a Letter or Two

A rhythmic rap song that encourages dramatic play, creates phonemic awareness, and develops counting and motor skills: B bats the ball 1 time, C claps hands 2 times, D drums 3 times, J jumps 4 times, L lunges 5 times, M mixes 6 times, P pops bubbles 7 times, R rubs hands together 8 times, S slides feet sideways 9 times, T taps feet 10 times.

Call out your own letter and number, and come up with an action that begins with the letter you call out, then repeat the action that number of times.

Just what can you do? With a letter or two If you throw in a number One move, or a few

I think you'll enjoy The way you can play If you follow directions And do as I say

B is the letter That bats & bends Can you bat the ball 1 time to a friend (Bat the ball 1 time) C is the letter
That claps & climbs
Can you clap your hands
2 times will be fine
(Clap 2 times)

**D** is the letter That drums and dances Can you bang the drum You have 3 chances (Bang the drum 3 times)



#### 15. Bounce That Ball to Me

As children gain more control of the ball, increase the level of difficulty: move the ball toward a goal, into a receptacle, around an obstacle course, or against a wall. Pass, bounce, toss, bat, dribble, throw, keep up. Use the dominant and non-dominant hand. Increase the distance to the balls destination. Change the size of the balls. Tennis balls work great for little hands. Don't' forget to let the children chase the balls around when they lose control.

Bounce that ball to me and I will try to catch it Watch it come back to you Don't let go Bounce it to me again Ever soft and gently Thank you, once more Here we go

Toss that ball to me and I will try to catch it Watch it come back to you Don't let go Toss it to me again Ever soft and gently Thank you, once more Here we go

Dribble that ball around And keep it moving Dribble the ball again Push down low Dribble that ball around Ever soft and gently Thank you, once more Here we go



Spanish: Bounce / Bota la pelota Toss / Tira la pelota, Dribble / Dribla la pelota

## 16. Step on the Stones (Color patterns)

A more challenging version of song # 2 that introduces color patterns:

Red – yellow - blue Yellow – green – red Blue – red – green Green – red – blue



Space out the alternate colors on the floor using colored mats, bean bags, markers or tape, construction paper, paper plates, or Velcro strips. Follow the song as directed and step only on the colors as the patterns are called. If they don't hit their mark, they fall in the water and get wet.

## **17. Build a Bridge** (Instrumental - Warp Speed)

Extremely up-tempo instrumental version. Challenges children to sing and complete the moves at a ridiculously fast and riotously fun pace.

#### 18. Keep It Up! (Instrumental)

## --- Spanish Versions ---

## 20. Take That Rope (Letters)

Mueve la cuerda y ha's la letra "O" Circle 'round and make an "O" Outside, over, open O Ha'sla, Has'la una "O" Ha'sla, Has'la una "O"

Mueve la cuerda y ha's la letra "V"
Point it down and make a "V"
Very, vivid, vocal V
Ha'sla, Has'la una "V"
Ha'sla, Has'la una "V"



Mueve la cuerda y ha's la letra "P" Loop it 'round and make a "P" Popping, prancing, pretty P Ha'sla, Has'la una "P" Ha'sla, Has'la una "P"

Mueve la cuerda y ha's la letra "C" Open up and make a "C" Closer, centered, careful C Ha'sla, Has'la una "C" Ha'sla, Has'la una "C"

Mueve la cuerda y ha's la letra "S" Snake around and make an "S" Swerving, silent, secret S Ha'sla, Has'la una "S" Ha'sla, Has'la una "S" Mueve la cuerda y ha's la letra "G" Curve it in and make a "G" Goofy, grateful, gentle "G" Ha'sla, Has'la una "G" Ha'sla. Has'la una "G"

Mueve la cuerda y ha's la letra "L" Straighten out and make an "L" Lucky, laughing, lazy L Ha'sla, Has'la una "L" Ha'sla, Has'la una "L"

# 21. Chuggin' Down the Track

Engine, Engine Number 9 Goin' Down the Railroad Line Come on and jump on track All in line now don't look back



Motor del tren, numero nueve Viendo bajo las vi'as Ven y salta en las vi'as Todos el linia no miren haci atras

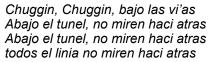
Chuggin, Chuggin, bajo las vi'as Chuggin, Chuggin, bajo las vi'as Llantas rodando bajo las vias todos el linia no miren haci atras

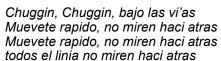
Chuggin, Chuggin, bajo las vi'as Volteando a la derecha, no miren haci atras Volteando a la derecha, no miren haci atras todos el linia no miren haci atras

Chuggin, Chuggin, bajo las vi'as Volteando a la izquierda, no miren haci atras Volteando a la izquierda, no miren haci atras todos el linia no miren haci atras

Chuggin, Chuggin, bajo las vi'as Sopla el pito, no miren haci atras Sopla el pito, no miren haci atras todos el linia no miren haci atras

Chuggin, Chuggin, bajo las vi'as Tuercete, tuercete, no miren haci atras Tuercete, tuercete, no miren haci atras todos el linia no miren haci atras





Chuggin, Chuggin, bajo las vi'as Muevete hacia atras, no miren haci atras Muevete hacia atras, no miren haci atras todos el linia no miren haci atras



## 21. Chuggin' Down the Track ~ Continued

Chuggin, Chuggin, bajo las vi'as Modie'ntote despacio, no miren haci atras Modie'ntote despacio, no miren haci atras Para. Para en las vias

#### 22. Bounce That Ball To Me

Bota la pelota a mi tratare' de cogerla mirala que se regrese no la sueltes

Bota la pelota a mi con cuidado gracias, otra vez Vamonos

Tira la pelota a mi tratare de cogerla mirala que se regrese no la sueltes

Tira la pelota a mi con cuidado gracias, otra vez vamonos

Dribla la pelota Con las manos Dribla la otra vez

Dribla la pelota con cuidado gracias, otra vez vamonos

#### 23. Play in the Band (Spanish Version)

Levanta un instrumento A que tocar in la banda

Guitarra Trombo'n Bajo Cesto Tambor Saxo'fono Piano



#### Credits:

Singers: Robert Picardo, Ethan Phillips, Jisel Soleil Ayon,

Michael Russ, Josephine D. Russ, Angela Russ

Spanish Translation: Corina Pena & Jose Ayon

Music Composition & Arrangement: Bill Burchell

Original Lyrics & Original Songs: Angela Russ

Producer: Angela Russ

CD Cover Graphics: Moonlight Graphics, Sacramento, CA

Cover Artist: Laura DeSantis

Sound Recording & Mastering:

Master Groove Studios

Special Contributor: Jeannie McCarthy, GymTastics

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Thank you for listening, and welcome to the CLUB!

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