

Bow Belinda

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Origin: Traditional
Source: Songs in Action

1. Bow, bow, bow, Be - lin - da, Bow, bow, bow, Be - lin - da,
2. Right hand up, Be - lin - da, Right hand up, Be - lin - da,

5
Bow, bow, be
Right hand u

my dar - ling?
my dar - ling?

For the complete song click the blue "Get" button

3. Left hand up, Belinda x3
Won't you be my darling?

4. Both hands up, Belinda, *etc.*

5. Shake your foot, Belinda, *etc.*

6. Promenade all, O Belinda, *etc.*

Formation: Two lines of partners, facing each other.

Dance:

Verse 1: Partners walk forward, bow and walk back to place.

Verse 2: Partners take right hands and turn.

Verse 3: Partners take left hands and turn.

Verse 4: Partners take both hands and turn.

Verse 5: Partners remain in place and shake foot, or walk forward and pass back to back (do-si-do), then return to place.

Verse 6: Take hands in skating position (crossed in front) and walk around room following the head couple.

Bow Belinda (Cut Common)

Partner:

Scale: Major

CSP: F

Tones: s, t, @, r, m, f, s

Melodic: d m s ; s m d ; t, r ; r t, s, ; s, d ; d s ; s f m r @

Prep:

MC:

Prac:

Theme: Dance

Form:

Age: Middle Primary - Lower Secondary

Rhythm:

Games:

Partner ; Line ; Dance

Song Type: