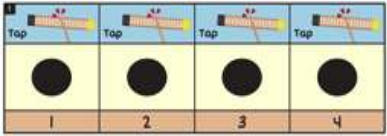

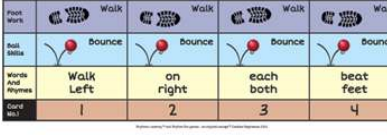

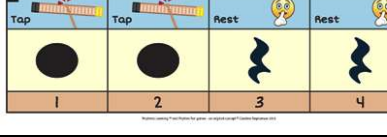

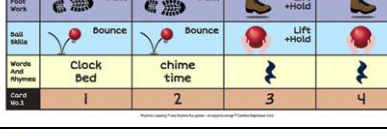

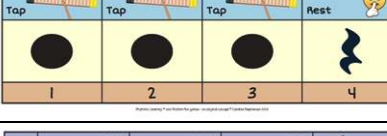

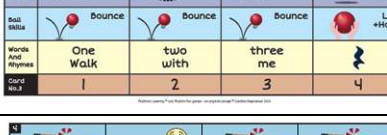

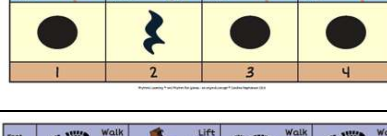

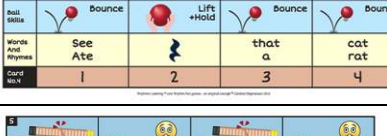

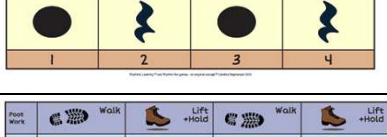


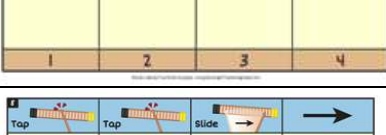

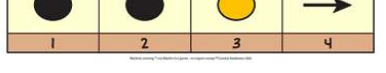


Rhythm Fun Level One Starter Pack CD

Select a card, then either Copy, Reverse or Answer

Track & Card	Beats 1 to 4	Beats 5 to 8
Track 1 CARD 1 Front		
Track 2 CARD 1 Back Feet+ words to complete		
Track 3 CARD 2 Front		
Track 4 Card 2 Back		
Track 5 Card 3 Front		
Track 6 Card 3 Back		
Track 7 Card 4 Front & Reverse card		
Track 8 Card 4 Back		
Track 9 Card 5 Front		
Track 10 Card 5 Back		
Track 11 Card 6 Front & Reverse C8		

Track 12 Card 6 Back		

Page 2

Track & Card	Beats 1 to 4	Beats 5 to 8
Track 13 CARD 7 Front		
Track 14 CARD 7 Back		
Track 15 CARD 8 Front		
Track 16 Card 8 Back		
Track 17 Card 9 Front		
Track 18 Card 9 Back		
Track 19 Card 10 Front & Reverse card		
Track 20 Card 10 Back		
Track 21 Card 11 Front		
Track 22 Card 11 Back		
Track 23 Card 12 Front		

Track 24
Card 12 Back

Foot Work	slide	→	→	→
Ball Skills	roll	→	→	→
Words And Rhymes	D- St-	-e- -e-	-e- -e-	-p -p
Card Work	1	2	3	4

Copy			
1 person or group gives Beats 1 - 4. A 2nd person or group must copy exactly without hesitation.			
1	2	3	4

Page 3

Track 25
Card 13 Front

Top	slide	→	Top
●	●	→	●
1	2	3	4

Copy			
1 person or group gives Beats 1 - 4. A 2nd person or group must copy exactly without hesitation.			
1	2	3	4

Track 26
Card 13 Back

Foot Work	Walk	slide	→	Walk
Ball Skills	Bounce	roll	→	Bounce
Words And Rhymes	Please Don't	to- wa-	-ke -it	care there
Card Work	1	2	3	4

Copy			
1 person or group gives Beats 1 - 4. A 2nd person or group must copy exactly without hesitation.			
1	2	3	4

Tracks 27 and 28 are for you to use in your own practice. The counting track gives you help at the outset, but then leaves you to carry on. The last track has no words or sounds, other than the initial 'Get Ready Metro Gnome'.

If you need to alter the speed of a track, the Audacity software programme can be downloaded for free and used for this purpose. Select Change Tempo for this purpose.

Track 27	Get Ready Count with Me 8 beat pattern x 4 repeats
Track 28	Get Ready Metro Gnome 8 beat pattern x 4 repeats