

# MANOS Y BRAZOS

## HANDS AND ARMS

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*The English translation of the following lyrics is offered as a guide for non-Spanish speakers. The song is not intended to be sung/performed in English.*



## MANOS Y BRAZOS HANDS AND ARMS



Use this song to:

- Add movement to the class
- Introduce body parts vocabulary, direction words, prepositions, and verbs.
- To start the class with high energy. Or to transition from a long period of being seated.

Manos - hands  
Brazos- arms  
Piernas- legs  
Cabeza- head  
Cadera- hip

Arriba- up  
Abajo- down  
Derecha- right  
Izquierda- left  
Adelante- forward  
Atrás- backward

### VERBS

Saltar- to jump  
Girar- to turn around  
Aplaudir- to clap

### PREPOSITIONS

Salta- jump  
Gira- turn  
Aplaude -clap

Ask the children  
about more  
movements they  
can add to this song



STOP  
Deja de / Para  
Deja de saltar / Para de saltar

Baila- dance  
Corre- run  
Marcha- march

## MANOS Y BRAZOS / HANDS AND ARMS

Manos y brazos,  
Hands and arms,  
piernas también,  
legs too  
cabeza, cadera  
head, hip  
vamos a mover  
we're going to move

Wave your hands, extend your arms, and finally touch your left forearm and then right forearm. Tap your legs (or move them). Touch your head. Put your hands on your hips and move them like you're dancing side to side.

Las manos para arriba, las manos para abajo  
Hands up, hands down  
Un salto a la derecha, un salto a la izquierda  
A jump to the right, a jump to the left  
Un paso hacia adelante y un paso hacia atrás (2)  
A step forward, a step backward

Wave your hands up, then all the way down. Indicate the right and jump. Then the left and jump. Give a big step forward and then backward.

Salta, salta, salta,  
Jump, jump, jump  
Deja de saltar  
Stop jumping

Jump and stop when you hear the word DEJA, and the music stops.

Gira, gira, gira  
Turn around, turn around, turn around  
Deja de girar  
Stop turning around

Turn around and stop when you hear the word DEJA, and the music stops.

Aplauda, aplauda, aplauda  
Clap, clap, clap  
Deja de aplaudir  
Stop clapping

Clap and stop when you hear the word DEJA, and the music stops.

## MANOS Y BRAZOS / HANDS AND ARMS

Manos y brazos,  
Hands and arms,  
piernas también,  
legs too  
cabeza, cadera  
head, hip

**vamos** a mover  
we're going to move



*Vamos* – First person plural

Las manos **para** arriba, las manos **para** abajo  
Hands up, hands down

Un salto **a** la derecha, un salto **a** la izquierda

A jump to the right, a jump to the left

Un paso **hacia** adelante y un paso **hacia** atrás (2)

A step forward, a step backward



"Para", "a", and "hacia" are direction words (Prepositions) that you can use with any of the actions described. You would hear these words frequently in a variety of contexts. There is no single meaning in English for any of them.

Salta, salta, salta,

Jump, jump, jump

Deja de saltar

Stop jumping



*Salta* – Imperative tense. Command (You / Tú)

*Salte* – Imperative tense. Formal (You / Usted)

Gira, gira, gira

Turn around, turn around, turn around

Deja de girar

Stop turning around



*Gira*– Imperative tense. Command (You / Tú)

*Gire*– Imperative tense. Formal (You / Usted)

Aplauda, aplauda, aplauda

Clap, clap, clap

Deja de aplaudir

Stop clapping



*Aplauda*– Imperative tense. Command (You / Tú)

*Aplauda*– Imperative tense. Formal (You / Usted)

*I hope this printables and suggested activites were useful for you. Please let me know if I can help improve your experience in any way!*

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