

easy to sing | stage

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# Revved Up and Ready to Go!

*An Easy-to-Sing, Easy-to-Stage Kids' Musical about the Race of Your Life*

*created by  
Heidi Petak*

## Movements

by Jodi Gramlich

**“Rev It Up”**  
Track 2

Come on, get up!

Using right hand usher towards the body then place hand back down at right side

Rev it up!

With both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle

*\*Repeat these actions 4x's*

Rev it up, lets go!

Use the same steering method as before with both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle. As this action is being done turn the body to the right side.

Whoop! Whoop!

With right hand pull down like pulling a train whistle.

Let's roll!

Two-armed arm circle from right side to left side. This motion should also move ones body back to facing center.

Rev it up!

Use the same steering method as before with both hands strait out to center: right hand mime steering a steering wheel while left hand flicks the wrist back like revving a throttle. As this action is being done turn the body to the left side.

Rev up the love in your soul, let's go!

Place right hand on heart and place left hand over right hand. Double pump hands over heart. Two armed arm circle from left side to right side. This motion should also move ones body back to facing center.

*\*Repeat these actions*

I've got full throttle strength,

Make muscle arms to the center

And God's love makes me stand strong.

Cross hands over chest (*sign language for love*)

And if I see you start to sink

Plug nose with right hand. Left hand in the air. Sink to the floor.

I'm gonna reach out to you;

Pop up and extend right hand out to right corner

Lift you up,

Extend right arm to right diagonal

And help you come along.

Raise the roof

Come on, get up!

Using right hand usher towards the body then place hand back down at right side

Rev it up!

With both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle

*\*Repeat the last two motions 4x's*

Rev it up, let's go!

Use the same steering method as before with both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle. As this action is being done turn the body to the right side.

Whoop! Whoop!

With right hand pull down like pulling a train whistle

Let's roll!

Two-armed arm circle from right side to left side. This motion should also move ones body back to facing center.

Rev it up!

Use the same steering method as before with both hands strait out to center: right hand mime steering a steering wheel while left hand flicks the wrist back like revving a throttle. As this action is being done turn the body to the left side.

Rev up the love in your soul, let's go!

Place right hand on heart and place left hand over right hand. Double pump hands over heart. Two armed arm circle from left side

to right side. This motion should also move ones body back to facing center.

*\*Repeat these actions*

I've got full throttle strength,

Make muscle arms to the center

And God's love makes me stand strong!

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Plug nose with right hand. Left hand in the air. Sink to the floor.

I'm gonna reach out to you;

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Lift you up,

Extend right arm to right diagonal

And help you come along

Raise the roof

Come on, get up!

Using right hand usher towards the body then place hand back down at right side

Rev it up!

With both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle

Come on, get up!

Using right hand usher towards the body then place hand back down at right side

Rev it up!

With both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle

Come on get up!

Using right hand usher towards the body then place hand back down at right side

Rev it up!

With both hands strait out to center: left hand mime steering a steering wheel while right hand flicks the wrist back like revving a throttle

Come on get up!

Using right hand usher towards the body  
then place hand back down at right side

Rev up the love in your soul! Let's go!

Place right hand on heart and place left hand  
over right hand. Double pump hands over  
heart. Both hands to low diagonals open  
palm to front.

Rev up the love in your soul! Let's go!

Place right hand on heart and place left hand  
over right hand. Double pump hands over  
heart. Both hands stretched in a "T" open  
palms to front.

Rev up the love in your soul! Let's go!

Place right hand on heart and place left hand  
over right hand. Double pump hands over  
heart. Both hands to high diagonals open  
palms to front.

Rev up the love in your soul! Let's go!

Place right hand on heart and place left hand  
over right hand. Double pump hands over  
heart. Both hands stretched in a "T" open  
palms to front.

Rev up the love in your soul! Let's go!

Place right hand on heart and place left hand  
over right hand. Double pump hands over  
heart. Both hands to high diagonals open  
palms to front.

## **“Custom-built Heart”**

### Track 3

*\*This song needs to have the feel of a country line dance*

I've got a custom-built heart,	Place right hand over heart left hand over right hand. Pump hands twice on the beat.
Makin' a brand new start;	Right hand raised followed by left hands raised and sway twice on the beat
I've got a revved up and ready soul.	Sway right to left 4x's but add some funk to it. Lead with your neck to the sides and snap.
My love's full throttle strength,	Reach out center with right hand then followed by the left pull back to muscle arms
It goes to any length;	Open arms from center back down to sides
A high performance mind, watch me grow-	Place right hand on brow ( <i>as if blocking the sun</i> ) start looking down to left corner and follow an imaginary diagonal line up to the high right corner
Into a “pedal to the metal”	Stomp right, stomp left
Kind of neighbor.	Slide to the right
I'll love 'em, like Jesus loves me;	Right hand over heart, left hand over right hand. Right hand to high diagonal, left hand to high diagonal. Bring thumbs to point to self.
His love is strong,	Right arm makes muscle
His love is true,	Left arm makes muscle
It will not waver,	Left hand on hip, right hand shakes index finger. Take two steps to the left.
I wanna love with my words and deeds.	Hands on hips, pop right heel then left heel. Take 4 counts to pump arms up from low diagonals open palm to front up to high diagonals.

Love God!	Cup mouth and lean towards center
And be ready!	Point right index finger to left wrist ( <i>miming a watch</i> )
Stand strong!	Pump chest out a little bit with hands on hip
And be smart!	Right index finger taps right temple
Love God and others!	Right hand over left hand over heart pop arms up to high diagonal bring back down to cover heart and pop hands down to low diagonal
A strong and steady,	March for 4 counts
Simply ask Jesus for a custom-built heart	Pound fists on top of each other switching every 2 counts 4x's
Yeah! Yeah!	Step to face the right side
Tune it up!	Pull right arm down ( <i>as if pulling a train whistle</i> )
Yeah! Yeah!	Step to face the left side
Tune it up!	Pull left arm down ( <i>as if pulling a train whistle</i> )
I've got a custom-built heart,	Place right hand over heart left hand over right hand. Pump hands twice on the beat.
Makin' a brand new start;	Right hand raised followed by left hands raised and sway twice on the beat
I've got a revved up and ready soul.	Sway right to left 4x's but add some funk to it. Lead with your neck to the sides and snap.
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Kind of neighbor.	Slide to the right
I’ll love ‘em, like Jesus loves me;	Right hand over heart, left hand over right hand. Right hand to high diagonal, left hand to high diagonal. Bring thumbs to point to self.
His love is strong,	Right arm makes muscle
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And be ready!	Point right index finger to left wrist ( <i>miming a watch</i> )
Stand strong!	Pump chest out a little bit with hands on hip
And be smart!	Right index finger taps right temple
Love God and others!	Right hand over left hand over heart pop arms up to high diagonal bring back down to cover heart and pop hands down to low diagonal
A strong and steady!	March for 4 counts
Simply ask Jesus for a custom-built heart	Pound fists on top of each other switching every 2 counts 4x’s
Love God!	Cup mouth and lean towards center

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Stand strong!	Pump chest out a little bit with hands on hip
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Love God and others!	Right hand over left hand over heart pop arms up to high diagonal bring back down to cover heart and pop hands down to low diagonal
A strong and steady!	March for 4 counts
Simply ask Jesus for a custom-built heart	Pound fists on top of each other switching every 2 counts 4x's
Yeah! Yeah!	Step to face the right side
Tune it up!	Pull right arm down ( <i>as if pulling a train whistle</i> )
Yeah! Yeah!	Step to face the left side
Tune it up!	Pull left arm down ( <i>as if pulling a train whistle</i> )
Yeah! Yeah!	Step to face the right side
Tune it up!	Pull right arm down ( <i>as if pulling a train whistle</i> )
Yeah! Yeah!	Step to face the left side
A custom-built heart!	Turn forward and cover heart with both hands pump once and pop up to high diagonals open palm to center

## “Jesus Is the Way”

### Track 3

Jesus is the Way.	Right arm extends strait out to center ( <i>4 counts</i> )
He brings us joy, and laughter,	Open right arm from center to right side
Life forever after.	Lower right arm down to side
Jesus is the Way.	Left arm extends strait out to center ( <i>4 counts</i> )
He is the Truth,	Open left arm from center to left side
He is the Life.	Lower left arm down to side
Jesus is the Way.	Extend both arms strait out to center ( <i>4 counts</i> )
Our Father, Savior, Master,	Pop both hands up to high diagonals
Helps us in disaster.	Bring both hands to cover heart then pop arms down to low diagonals
Jesus is the One and only, Jesus is the Way.	Raise arms up slowly to high diagonals
It’s amazing what can happen . . .	March 16 counts
We can make a difference,	Point to self with thumbs
He can open any door.	With both hands palms open and facing right, from the left push arms to right side
And with Him we can move mountains,	Split the stage in half: one group faces right with both hands up to center and one group faces left raising both hands to center making the illusion of a mountain top.
We can sail the ocean wide.	Big arm circle to the right bringing both hands down to side ( <i>Alternative: split the stage in four section and in a ripple do a big arm circle down to sides giving each group 2 counts</i> )

He brought His power to the earth	Make muscle arms
When on the cross he died.	Lower arms down to side
Jesus is the Way.	Right arm extends strait out to center ( <i>4 counts</i> )
He brings us joy, and laughter,	Open right arm from center to right side
Life forever after.	Lower right arm down to side
Jesus is the Way.	Left arm extends strait out to center ( <i>4 counts</i> )
He is the Truth,	Open left arm from center to left side
He is the Life.	Lower left arm down to side
Jesus is the Way.	Extend both arms strait out to center ( <i>4 counts</i> )
Our Father, Savior, Master	Pop both hands up to high diagonals
Helps us in disaster.	Bring both hands to cover heart then pop arms down to low diagonals
Jesus is the One and only, Jesus is the Way.	Raise arms up slowly to high diagonals
Jesus says for us to follow	March for 8 counts
And do what His Word commands.	Hands in front of body palms together and open them up like a book
Tell the world about Him,	Cup mouth and bounce to the right, to the center, and to the left
Jesus Christ the Great I AM.	Raise hands up to high diagonals
He will lead you thro' the valleys,	Same idea as the mountain. Split the stage in half: one group faces right with both hands down to center and one group faces left raising both hands down to center making the illusion of a low valley.

Lead you to the mountain tops.	Raise hands from the valley to make the mountain by splitting the stage in half: one group faces right with both hands up to center and one group faces left raising both hands to center making the illusion of a mountain top.
When Jesus came He brought the world	Lower hands to sides and face center
A love that never stops.	Cross arms over chest ( <i>sign language for love</i> )
Jesus is the Way.	Right arm extends strait out to center ( <i>4 counts</i> )
He brings us joy, and laughter,	Open right arm from center to right side
Life forever after.	Lower right arm down to side
Jesus is the Way.	Left arm extends strait out to center ( <i>4 counts</i> )
He is the Truth,	Open left arm from center to left side
He is the Life.	Lower left arm down to side
Jesus is the Way.	Extend both arms strait out to center ( <i>4 counts</i> )
Our Father, Savior, Master,	Pop both hands up to high diagonals
Helps us in disaster.	Bring both hands to cover heart then pop arms down to low diagonals
Jesus is the One and only, Jesus is the Way.	Raise arms up slowly to high diagonals
Jesus is the Way.	Keep arms in a high diagonal

## **“Forgive and Forget”**

### Track 5

*\*With a partner*

You gotta forgive and forget,	Facing into each other: slap thighs, clap, slap palms with partner, clap
You gotta forgive and forget,	Facing into each other: slap thighs, clap, slap palms with partner, clap
You gotta fill up your heart with heavenly joy	Facing into each other: slap palms together with partner 7x's beginning low and clapping up to ceiling
And Jesus' happiness.	Facing into each other: shake hands at ceiling level
So when someone has done you wrong,	Facing into each other: slap thighs, clap, slap palms with partner
Just give it to Jesus in a song.	Facing into each other: pop hands up to ceiling
In order to live, you gotta forgive and forget.	Facing into each other: slap thighs, clap, slap palms with partner, clap
Someone has hurt you thro' and thro'.	Facing front: with right hand gesture to the audience beginning on the left side ( <i>right arm crosses body</i> ) and opens to right side
You think your heart might break in two.	Pound fists on top of one another 2x's each
You think you'll never, ever smile again.	Criss-cross hands over top of each other
You don't know what to do.	Bend elbows at the waist "as if asking a question"
Just look to Jesus, bow and pray,	Hands pop up to ceiling then bring down to prayer

And He will take your pain away.

With two hands from the right push palms to the left in a sweeping motion

In order to live, you gotta forgive and forget.

Facing into each other: slap thighs, clap, slap palms with partner, clap

You gotta forgive and forget,

Facing into each other: slap thighs, clap, slap palms with partner, clap

You gotta forgive and forget,

Facing into each other: slap thighs, clap, slap palms with partner, clap

You gotta fill up your heart with heavenly joy

Facing into each other: slap palms together with partner 7x's beginning low and clapping up to ceiling

And Jesus' happiness.

Facing into each other: shake hands at ceiling level

So when someone has done you wrong,

Facing into each other: slap thighs, clap, slap palms with partner

Just give it to Jesus in a song.

Facing into each other: pop hands up to ceiling

In order to live, you gotta forgive and forget.

Facing into each other: slap thighs, clap, slap palms with partner, clap

*\*SOLO*

So please believe me, this is true;

March right, left, right

Forgiving is something you must do.

Continue marching

You will feel better following the Lord.

Hands pop up to ceiling (*stop marching*)

He tells you what to do.

Cascade arms down to sides

Just take a look down deep inside,

March right, left, right

The Lord will gladly be your guide.

Continue marching

In order to live,

Hands pop up to ceiling (*stop marching*)

You gotta forgive and forget.

Cascade arms down to sides

*\*Divide the stage into two sections*

Forgive it!, Forgive it!

Right side cup mouth and lean to the left shouting “forgive it”, left side repeats by leaning to the right and cupping their mouth shouting “forgive it”(*You may want to incorporate signs in the background*).

Forget it!, Forget it!

Right side cup mouth and lean to the left shouting “forgive it”, left side repeats by leaning to the right and cupping their mouth shouting “forgive it”(*You may want to incorporate signs in the background*).

The Bible tells us so.

Group 1- Face center shout to audience “the Bible tells us so”. On the “oh yeah”, pump right fist in the air 2x’s

Oh yeah!

Group 2- Pump right fist in the air 2x’s

Forgive it!, Forgive it!

Right side cup mouth and lean to the left shouting “forgive it”, left side repeats by leaning to the right and cupping their mouth shouting “forgive it”(*You may want to incorporate signs in the background*).

Forget it!, Forget it!

Right side cup mouth and lean to the left shouting “forgive it”, left side repeats by leaning to the right and cupping their mouth shouting “forgive it”(*You may want to*

*incorporate signs in the background).*

God's mercy you should show.

Group 1- Face the center and shout to the audience "God's mercy you should show"

You should show.

Group 2- Face the center and shout to audience.

How many times should we forgive

Group 1- Everyone slides to the right, then cross arms and rock 2x's

These wrongs that come each day?

Group 1- Do the wave with hands from right side to the left side

Each day,

Group 2- Slide to the left.

Seven, seven times seventy

Each group moves on their "seven". Slide back to the right, then cross arms and rock 2x's

Forgiveness is the only way.

Group 1- Do the wave with hands from right side to the left side

Forgiveness is God's way!

Pump right fist in are 2x's

You gotta forgive and forget,

Facing into each other: slap thighs, clap, slap palms with partner, clap

You gotta forgive and forget,

Facing into each other: slap thighs, clap, slap palms with partner, clap

You gotta fill up your heart with heavenly joy

Facing into each other: slap palms together with partner 7x's beginning low and clapping up to ceiling

A Jesus' happiness.

Facing into each other: shake hands at ceiling level

And when someone has done you wrong,

Facing into each other: slap thighs, clap, slap palms with partner

Just give it to Jesus in a song.

Facing into each other: pop hands up to ceiling

In order to live, you gotta forgive and forget.

Facing into each other: slap thighs,  
clap, slap palms with partner, clap

In order to live, you gotta forgive and forget.

Facing into each other: slap thighs,  
clap, slap palms with partner, clap,  
face center arms pop up

**“Praise My King”**  
Track 6

I'm gonna praise my King!	Slide to the right
I'm gonna praise my King,	Shoot up right hand to high right diagonal
Give Him everything I got,	Left hand in high left diagonal cascade arms down back to sides
Everything I am.	Cascade arms down back to sides
I'm gonna lift my voice!	Slide to the left
I'm gonna lift my voice, I will rejoice,	Shoot up right hand to high right diagonal followed by left hand in high left diagonal then wave arms right, left, right, left
Why not? Jesus holds me in His hands.	Cascade arms back down to sides
He had a plan before the world began,	Right index finger to right temple and tap
He gave His life for everyone.	Switch right then left pointing to the audience
Amazing grace, wondrous love,	Cross right arm over chest, followed by left arm over chest
He is the mighty, mighty Lord God's only Son.	Shoot hands up to high diagonals and wave back and forth double time
I'm gonna praise my King!	Slide to the right
I'm gonna praise my King,	Shoot up right hand to high right diagonal
Give Him everything I got,	Left hand in high left diagonal cascade arms down back to sides
Everything I am.	Cascade arms down back to sides

I'm gonna lift my voice!

Slide to the left

I'm gonna lift my voice, I will rejoice,

Shoot up right hand to high right diagonal followed by left hand in high left diagonal then wave arms right, left, right, left

Why not? Jesus holds me in His hands.

Cascade arms back down to sides

He set me free from my imprisoned soul,

Cross arms at wrist and break apart

He broke the chains of the enemy's lies.

Pound fists right on top first and then switch

Now for the first time in my life I am whole,

Point to self with thumbs

If I don't sing to Him the rocks will cry out!

Cascade arms down from high diagonals to sides

I'm gonna praise my King!

Slide to the right

I'm gonna praise my King,

Shoot up right hand to high right diagonal

Give Him everything I got,

Left hand in high left diagonal cascade arms down back to sides

Everything I am.

Cascade arms down back to sides

I'm gonna lift my voice!

Slide to the left

I'm gonna lift my voice, I will rejoice,

Shoot up right hand to high right diagonal followed by left hand in high left diagonal then wave arms right, left, right, left

Why not? Jesus holds me in His hands.

Cascade arms back down to sides

I'm gonna praise my King!

Slide to the right

I'm gonna praise my King,

Shoot up right hand to high right diagonal

Give Him everything I got,

Left hand in high left diagonal  
cascade arms down back to sides

Everything I am.

Cascade arms down back to sides

I'm gonna lift my voice!

Slide to the left

I'm gonna lift my voice, I will rejoice,

Shoot up right hand to high right  
diagonal followed by left hand in  
high left diagonal then wave arms  
right, left, right, left

Why not? Jesus holds me in His hands.

Cascade arms back down to sides

I'm gonna praise my King!

Slide to the right and rock with a  
bounce back and forth with arms  
crossed

I'm gonna praise my King!

Slide to the left and rock back and  
forth with arms crossed

I'm gonna praise my King!

Slide to the right

I'm gonna praise my King,

Shoot up right hand to high right  
diagonal

Give Him everything I got,

Left hand in high left diagonal  
cascade arms down back to sides

Everything I am.

Cascade arms down back to sides

**“Action!”**

Track 7

I'm turnin' my back on the old life,

Step out right so that everyone is facing the left side

In Christ I've got a new life.

Reach up with right hand and cascade down back to side

I'm steppin' out, gonna be a light,

March to face center

His love has set me free!

*(His)* cross right arm down to left side and shoot up to right diagonal  
*(has set)* cross left arm down to right side and shoot up to left diagonal  
*(me)* clap above the head *(free)* arms hit high diagonals

I'm turnin' my back on the old life,

Step out right so that everyone is facing the left side

In Christ I've got a new life.

Reach up with right hand and cascade down back to side

I'm steppin' out, gonna be a light,

March to face center

His love has set me free!

*(His)* cross right arm down to left side and shoot up to right diagonal  
*(has set)* cross left arm down to right side and shoot up to left diagonal  
*(me)* clap above the head *(free)* arms hit high diagonals

*\*I would suggest signs for a visual effect. Break the stage down into 3 groups.*

*One group for each sign.*

*Two counts to get to spots*

Everyone drops to a squat. Sign kids grab their props.

It takes action!

Group 1 (*stage right*): Sign goes up behind kids

Walkin' a new walk.

Group 1: March

Action!

Group 2 (*center stage*): Sign goes up behind kids

Talkin' a new talk.

Group 2: Like working a puppet...  
hands mimic talking

Action!

Group 3 (*stage left*): Sign goes up  
behind kids

Thinkin' new thoughts,

Group 3: Index finger to temple

His love has set me free!

Everyone: (*His*) cross right arm  
down to left side and shoot up to  
right diagonal (*has set*) cross left arm  
down to right side and shoot up to  
left diagonal (*me*) clap above the  
head (*free*) arms hit high diagonals

*Two counts to get to spots*

Everyone drops to a squat. Sign kids  
grab their props.

It takes action!

Group 1 (*stage right*): Sign goes up  
behind kids

Walkin' a new walk.

Group 1: March

Action!

Group 2 (*center stage*): Sign goes up  
behind kids

Talkin' a new talk.

Group 2: Like working a puppet...  
hands mimic talking

Action!

Group 3 (*stage left*): Sign goes up  
behind kids

Thinkin' new thoughts.

Group 3: Index finger to temple

His love has set me free!

Everyone: (*His*) cross right arm  
down to left side and shoot up to  
right diagonal (*has set*) cross left arm  
down to right side and shoot up to  
left diagonal (*me*) clap above the  
head (*free*) arms hit high diagonals

I'm turnin' my back on the old life,

Step out right so that everyone is  
facing the left side

In Christ I've got a new life.

Reach up with right hand and cascade down back to side

I'm steppin' out, gonna be a light.

March to face center

His love has set me free!

*(His)* cross right arm down to left side and shoot up to right diagonal  
*(has set)* cross left arm down to right side and shoot up to left diagonal  
*(me)* clap above the head *(free)* arms hit high diagonals

I'm turnin' my back on the old life.

Step out right so that everyone is facing the left side

In Christ I've got a new life.

Reach up with right hand and cascade down back to side

I'm steppin' out, gonna be a light.

March to face center

His love has set me free!

*(His)* cross right arm down to left side and shoot up to right diagonal  
*(has set)* cross left arm down to right side and shoot up to left diagonal  
*(me)* clap above the head *(free)* arms hit high diagonals

It takes action!

Group 1 (*stage right*): Sign goes up behind kids

Walkin' a new walk.

Group 1: March

Action!

Group 2 (*center stage*): Sign goes up behind kids

Talkin' a new talk.

Group 2: Like working a puppet... hands mimic talking

Action!

Group 3 (*stage left*): Sign goes up behind kids

Thinkin' new thoughts.

Group 3: Index finger to temple

His love has set me free!

Everyone: *(His)* cross right arm down to left side and shoot up to

	right diagonal ( <i>has set</i> ) cross left arm down to right side and shoot up to left diagonal ( <i>me</i> ) clap above the head ( <i>free</i> ) arms hit high diagonals
It takes action!	Group 1 ( <i>stage right</i> ): Sign goes up behind kids
Walkin' a new walk.	Group 1: March
Action!	Group 2 ( <i>center stage</i> ): Sign goes up behind kids
Talkin' a new talk.	Group 2: Like working a puppet... hands mimic talking
Action!	Group 3 ( <i>stage left</i> ): Sign goes up behind kids
Thinkin' new thoughts.	Group 3: Index finger to temple
His love has set me free!	Everyone: ( <i>His</i> ) cross right arm down to left side and shoot up to right diagonal ( <i>has set</i> ) cross left arm down to right side and shoot up to left diagonal ( <i>me</i> ) clap above the head ( <i>free</i> ) arms hit high diagonals
It takes action!	Group 1 ( <i>stage right</i> ): Sign goes up behind kids
His love has set me-	Group 1: ( <i>His</i> ) cross right arm down to left side and shoot up to right diagonal ( <i>has set</i> ) cross left arm down to right side and shoot up to left diagonal ( <i>me</i> ) clap above the head
Action!	Group 2 ( <i>center stage</i> ): Sign goes up behind kids
His love has set me-	Group 2: ( <i>His</i> ) cross right arm down to left side and shoot up to right diagonal ( <i>has set</i> ) cross left arm down to right side and shoot up to

left diagonal (*me*) clap above the head

Action!

Group 3 (*stage left*): Sign goes up behind kids

His love has set me free!

Group 3: (*His*) cross right arm down to left side and shoot up to right diagonal (*has set*) cross left arm down to right side and shoot up to left diagonal (*me*) clap above the head (*free*) arms hit high diagonals

## “High Performance Mind”

### Track 8

In God’s Word you can find	<i>(God’s Word)</i> Clap hands together and open hands up as if holding a book <i>(find)</i> move hands back and forth by pushing forward
The way to a high performance mind,	Tap right index finger to temple
Fill it up! Fill it up!	Pull down right arm <i>(as if signaling a semi to honk)</i> 4x’s then left arm 4x’s
Transformed by the truth,	Cascade arms down silhouette of body from head to toe, slap thighs
Let your life be living proof,	March in place
Live it out! Live it out!	Cross arms and rock back and forth
Here are the most important commandments of all.	Shake right index finger at audience
Let’s start to be smart	Pop arms up to high diagonals <i>(start)</i> Bring arms into chest and pop out to form a “t” <i>(smart)</i>
And answer Jesus’ call.	Bring arms into chest and pop out to low diagonals <i>(call)</i> raise back up to high diagonals
Love the Lord your God, with all your heart,	Cross right hand over left hand and pump hands over heart
With all your soul, your strength and mind	Open arms to make muscle arms
That’s one! That’s number one!	Make a one with right index finger
Here is two,	Make a 2 with right hand
With God’s help, love your neighbor as yourself.	Point right index finger to heaven <i>(love)</i> extend right arm to neighbor and lock hands <i>(as)</i> extend left arm to neighbor and lock hands

Well done! You did it! Well done!

Raise locked hands up to ceiling

Love the Lord your God, with all your heart,

Cross right hand over left hand and pump hands over heart

With all your soul, your strength and mind,

Open arms to make muscle arms

That's one! That's number one!

Make a one with right index finger

Here is two,

Make a 2 with right hand

With God's help, love your neighbor as yourself.

Point right index finger to heaven (*love*) extend right arm to neighbor and lock hands (*as*) extend left arm to neighbor and lock hands

Well done! You did it! Well done!

Raise locked hands up to ceiling

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Let your life be living proof,

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Live it out! Live it out!

Cross arms and rock back and forth

Here are the most important commandments of all.

Shake right index finger at audience

Let's start to be smart

Pop arms up to high diagonals (*start*) Bring arms into chest and pop out to form a "t" (*smart*)

And answer Jesus' call.

Bring arms into chest and pop out to low diagonals (*call*) raise back up to high diagonals

Love the Lord your God, with all your heart,

Cross right hand over left hand and pump hands over heart

With all your soul, your strength and mind,

Open arms to make muscle arms

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Live it out! Live it out!

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