



# DROP, COVER, AND HOLD ON CHOREOGRAPHY GUIDE

## LYRIC CHOREOGRAPHY

DRUM ROLL INTRO .....	Run in, hands “rumbling” on thighs
The earth’s crust is made of .....	Right hand bog circle around the
body Tectonic Plates.....	Parallel forearms, in / out
They move around.....	Spin
Shimmy and shake.....	Ragdoll
Rumbling ground.....	Walk, Walk, Walk, Criss-cross
Things fall and break.....	Side kick across body
Let’s get prepared.....	Feet together, cross arms
So we stay safe.....	Hands on hips

## CHORUS

When the earth starts to rock and roll .....	Rainbow arms (right, left, right,
left) Drop cover and hold on.....	Kneel
Cover, Hold on .....	Forehead to floor (bow prayer), hands interlocked behind
neck When the earth starts to rock and roll .....	Kneeling, rainbow arms (right, left, right, left)
Drop cover and hold on.....	Kneel, hands behind neck, forehead to floor Rule
number one.....	Still kneeling, index finger up (#1) Make a safety
plan.....	Stand
Draw it, talk about it, walk it and practice with your family.....	Floss
If you feel a quake and you’re not awake.....	Jackhammer hop, backwards
Stay in bed .....	Hands “sleeping” on side of head, bob
knees Cover your head.....	Arm in front of face, bob knees
So you don’t get an ache .....	Head side to side (right, left, right,
left) Keep away from windows .....	Thriller move
And broken glass .....	Twist
If you’re outside.....	Search (left to right)
Drop, drop to the grass.....	Drop on one knee, bob
Watch out for trees and things that fall.....	Tree pose
Like chandeliers if you’re shopping in the mall.....	Gangnam Style (rodeo legs and lasso
	arm) Wild knees, money gesture
Next, gather these items for your safety kit .....	Greased Lightning point (right, left)
Go out and buy them, just follow this list .....	Greased Lightning point (right, left)
Shoes, water, cans of food .....	Grapevine right
Flashlight batteries and a whistle too .....	Grapevine left
Band-aids and ointment for a boo-boo.....	Grapevine right
Don’t forget a radio to hear the news.....	Grapevine left

If you’re prepared, don’t be scared, Teach your friends, say it, sing it and share . Spread the word because you care. Tell everybody everywhere!..... Step, clap above head (start on

right) DRUM BREAK SOLO..... Freestyle

CHORUS

Try to remember ..... Sitting on knees, Finger to head  
To stay calm ..... Up on knees, Meditate hands  
Even if you feel like..... Stand up  
Everything has gone wrong..... Fists to sky (4 times)  
Go to your Safe Zone..... Beyonce walk, point to floor  
Your meeting spot..... Point down  
Don't be surprised if there's an aftershock! ..... Jump, hands up (4 times)

CHORUS