

# The Handcart Song

## Partner Arm Swings

Grab a buddy and don't let go! Can you do these arm swing moves without letting go?

Find the full lesson plan, extension ideas, and song suggestions in the blog post here:

<https://www.primarysinging.com/the-handcart-song-arm-swings/>

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**DANCE LEFT**  
**SPIN BRIDGE**  
**PUSH ARMS OUT**  
**LOW SWING**  
**PUSH & PULL**  
**TAP LOW-HIGH**  
**DANCE RIGHT**  
**SHAKE HIGH**



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