

1. Listen to the track in entirety 3 times and identify each new sound.
2. For the first sound you hear bob your head to the beat.
3. For the second sound, tap your hand on your left thigh.
4. For the third sound, move your right foot.
5. For the fourth sound, do nothing.
6. For the fifth sound, open and close your mouth.
7. For the sixth sound, close your eyes.
8. Repeat these action simultaneously 4 times.
9. After your fourth time through, scroll to the very bottom of this page. DO NOT scroll before you have gone through the previous steps 4 times.

What are you
doing?????????