



SONG MOTIONS



SonWest Roundup

Hebrews 13:8

By Jamie Owens Collins

We're gonna ride; we're gonna ride;

(Right arm straight out, hold reins; left arm straight out, hold reins)

We're gonna ride

(Hold reins with both hands)

with Jesus Christ.

(Right hand twirls lasso; left hand holds reins)

Round up your friends; we're on a quest.

(Right fist on hip, then left fist on hip)

We're headin' out in the wild, Wild West.

(Left hand shades eyes, right hand points away)

Just like folks in olden days, we're gonna follow God together.

(Right hand with palm facing left glides forward, then up to forehead and down in front of face)

Jesus Christ is the same yesterday, today

(Both thumbs link into belt loops; right foot steps forward, left follows; left foot steps back, right follows; right foot steps forward, pivoting twice to face front, feet together)

and forever.

(Raise arms above head)

Chorus:

Let's all meet at the SonWest Roundup

(Step right, left follows; return)

Stomp your feet

(Feet together, hop with toes pointed right and then left)

and shout, "Yee-haw!"

(Bend, then extend right arm, hand in fist)

Saddle up for the SonWest Roundup.

(Step left, right foot follows; return)

We're gonna ride; we're gonna ride.

(Right arm straight out, hold reins; left arm straight out, hold reins)

Bring your friends to the SonWest Roundup

(Step right, left follows; return)

Grab your hat and

(Fists on head and feet together, hop with toes pointed right and then left)

shout, "Yee-haw!"

(Raise right arm and extend at elbow with hand in fist)

Git along to the SonWest Roundup

(Step right, left follows; return)

We're gonna ride; we're gonna ride; we're gonna ride

(Right arm straight out, hold reins; left arm straight out, hold reins)

With Jesus Christ

(Right hand twirls lasso; left hand holds reins)

Yee-haw!

(Bend, then extend right arm, hand in fist)

Repeat verse

Repeat chorus

God Gave

John 3:16

By Jamie Owens Collins

Chorus:

For God so loved

(With palms up, cross wrists, raise arms above head)

the world

(Palms out, uncross wrists and open arms into a downward circle)

That He gave His one

(Extend right arm, palm up then left arm, palm up)

and only Son;

(Flip hands under to extend arms with palms up)

That whoever believes in Him

(Open arms to either side, then lift elbows to shoulder height)

Shall not

(Make an X with arms above head)

perish.

(Open arms, palms out)

For God so loved

(With palms up, cross wrists, raise arms above head)

the world

(Palms out, uncross wrists and open arms into a downward circle)

That He gave His one

(Extend right arm, palm up then left arm, palm up)

and only Son;

(Flip hands under to extend arms with palms up)

That whoever believes in Him

(Open arms to either side, then lift elbows to shoulder height)

Shall not

(Make an X with arms above head)

perish.

(Open arms, face palms out)

But have

(Place palms together at chest, then raise hands above head)

eternal life.

(Open hands sharply, palms up)

God gave

(Raise right hand and look up at it)

because He loves us;

(Cross wrists over chest)

God gave His Son.

(Place both hands out with palms up)

God gave

(Raise left hand and look up at it)

because He loves us,

(Cross wrists over chest)

Loves us every one.

(Alternate pointing index fingers, left to right)

Jesus died and rose again

(Palms together, move hands upward, then slide right higher)

To lead us safely home again

(Slide right hand down and left hand higher)

And if we put our trust in Him

(At chest height, clasp hands together; extend clasped hands above head)

We will live

(Extend right arm, then left in a V, hands open)

forever.

(Open hands sharply, palms up)

Repeat chorus

But have

(Place palms together at chest, then raise hands above head)

eternal life.

(Open hands sharply, palms up)

Stronger Than Anything

John 16:33

By Joey Nicholson

(Clap 8x)

In a world of many problems

(Right fist punches downward, then left, crossing wrists; raise crossed wrists above head, extend arms)

It's hard to know what to do.

(Arms open to a V, then elbows bend into a shoulder shrug)

But Jesus came to show us

(Both hands point up)

No matter the problem

(Forearms cross in front of chest)

He will come through. He said,

(Forearms open; make "strong arms")

Pre-Chorus:

"In this world you will have trouble.

(Both arms circle, right to left)

But take heart!

(Right hand on heart then left)

I have overcome the world."

(Make "strong arms," then move arms into a V)

Chorus:

I believe

(Right hand to head; left hand to head)

that Jesus has the power.

(Point up; bring arms down to make "strong arms")

I believe

(Right hand to head; left hand to head)

He's stronger than anything.

(Twist right, make "strong arms," repeat to left)

I believe

(Right hand to head; left hand to head)

that Jesus has the power.

(Point up; bring arms down to make "strong arms")

He has overcome and He

(Right hand points up, then left)

can do anything.

(Bring both fists to rest on hips)

Repeat verse

Repeat pre-chorus

Repeat chorus

Tag:

He can do, He can do

(Stack right forearm on left in front of chest)

Anything, He's Jesus

(Make "strong arms," then both arms extend; point up)

He can do, He can do

(Stack right forearm on left in front of chest)

Anything, He's Jesus

(Make "strong arms," then both arms extend; point up)

He can do, He can do

(Stack right forearm on left in front of chest)

Anything, He's Jesus

(Make "strong arms," then both arms extend; point up)

He has overcome

(Both point hands up, then bring fists to hips)

He has overcome

(Both point hands up, then bring fists to hips)

He can do anything!

(Arms in a V)

I Am the Resurrection and the Life

John 11:25

By Jamie Owens Collins

Every one of us needs rescue from sin.

(Fists crossed over chest, the open out to sides)

That's why Jesus came to die.

(Left palm up at shoulder, right palm down at shoulder, then flip palms opposite one at a time)

Jesus told us if we put our trust in Him

(Fists over heart; point up)

We will have eternal life.

(Arms extend up with palms up)

Jesus rose up from the grave.

("Raise the roof" hands 3X)

Here's the promise that He gave.

(Bring both hands down to front as if giving a gift)

Chorus:

"I am the resurrection and the life."

(Rock step: Right foot steps forward, left follows, shift weight from left to right; Left foot steps forward, right follows; shift weight from right to left; repeat in opposite order to return to start position)

"I am the resurrection and the life.

(Repeat the rock step)

He who believes in me will live, even though he dies."

(Twist to the left, then to the right)

"I am the resurrection and the life."

(Repeat the rock step)

Repeat verse

Repeat chorus

He Will Provide

By Jamie Owens Collins

Musical intro 16 counts

(Horse Gallop Clap: clap once, then slide right hand to slap thigh and then left hand to clap thigh. 8 gallop claps during the second 8 count)

Oh-oh, I know-oh

(Touch right heel forward, right arm bent, palm up at shoulder height; repeat with left heel and hand)

my Jesus provides.

(Arm in a V, then bring palms down to waist height)

Oh-oh, I'll trust Him

(Touch right heel forward, right arm bent, palm up at shoulder height; repeat with left heel and hand)

on life's dusty ride.

(Horse gallop clap 3X. Simplify: hold reins and bounce)

Oh-oh, I know-oh

(Touch right heel forward, right arm bent, palm up at shoulder height; repeat with left heel and hand)

He'll meet all my needs.

(Touch elbows with opposite hands, then extend arms forward, palms up)

Oh-oh, I'll follow

(Touch right heel forward, right arm bent, palm up at shoulder height; repeat with left heel and hand)

wherever He leads.

(Point behind with elbows bent; extend arms overhead to point forward)

Chorus:

On this road,

(Step right; step left)

I'll trust in Jesus Christ.

(Both hands over heart, then extend arms; point up)

'Cause He's in charge of the supplies.

(Both arms down in front of chest; palms up)

(Step right; step left)

(Step to the right then back)

I'll stay right by His side.

(Three claps on beat; left, right, left)

'Cause Jesus Christ will provide.

(Both hands over heart; extend arms to V, then both arms come down, palms up)

Repeat verse

Repeat chorus

He will provide.

(Bring both hands out, palms up)

This Is How They'll Know

By Joey Walker

How will they know

(Shoulders shrug turning right, then left)

That we're servants of the King?

(Arms extend up and then slowly lower to front, palms up)

How will they see

(Shoulders shrug turning right, then left)

That it's Christ we're following?

(Arms extend up and then slowly lower to front, palms up)

Chorus:

This is how they'll know.

(Right fist on left palm)

This is how they'll see.

(Lay right forearm on left forearm, then open)

When we're helping those in need.

(Extend right arm around invisible friend's shoulder, then left)

This is how they'll know.

(Right fist on left palm)

This is how they'll see.

(Lay right forearm on left forearm, then open)

When we're loving enemies.

(Cross arms over chest, then hold up fists to the right, and then to the left)

This is how they'll know

(Right fist on left palm)

. . . O-O-O!

(twist 3X, moving downward)

By the way we love.

(Arms in V, and then crossed on chest)

Repeat verse

Repeat chorus