

"The Noble Duke of York" "He had ten thousand men"	=	
"He marched them up to the top of the hill"	= 4	slowly raise hands above head
"And he marched them down again"	. E.	squat and touch floor
"Now when they're up, they're up"	=	stand and raise hands above head
"And when they're down, they're down"	=	squat and touch floor
"But when they're only halfway up"	5	begin to stand and wiggle fingers at waist level
"They're neither up"	=	stand and raise hands above head
"Nor down"	=	squat and touch floor