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| Intro Music | Clap and walk |
| Up above my head I hear music in the air Up above my head I hear music in the air Up above my head I hear music in the air I really do believe, I really do believe, there is a joy somewhere | Step 1 (hands down)  Step 1 (hands at waist level)  Step 1 (hands above the head)  Step 2 |
| Up above my head I hear singing in the air Up above my head I hear singing in the air Up above my head I hear singing in the air I really do believe, I really do believe, there is a joy somewhere | Step 1 (hands down)  Step 1 (hands at waist level)  Step 1 (hands above the head)  Step 2 |
| Music | Step 3 (4 sets with turns)  Squiggle right, hold  Squiggle left, hold  Squiggle right, hold  Squiggle left, hold  Walk around in a circle |
| Up above my head I hear shouting in the air Up above my head I hear shouting in the air Up above my head I hear shouting in the air I really do believe, I really do believe, there is a joy somewhere | Step 1 (hands down)  Step 1 (hands at waist level)  Step 1 (hands above the head)  Step 2 |
| Music | Step 4 (Step Touch with an arm pull- 4 sets)  Step 5 (Jump, Jump, single, single double) |
| All in my home I hear music in the air All in my home I hear music in the air Up above my head I hear music in the air I really do believe, I really do believe, there is a joy somewhere | Step 6 (Down, Up, Side to side)  (Down, Up, Side to side)  (Down, Up, Side to side, add arms)  (Down, Up, Side to side, add arms)  Step 7 (Walk It Out – 4 sets) |
| Up above my head I hear music in the air Up above my head I hear music in the air Up above my head I hear music in the air I really do believe, I really do believe, there is a joy somewhere | Step 6 (Down, Up, Side to side)  (Down, Up, Side to side)  (Down, Up, Side to side, add arms)  (Down, Up, Side to side, add arms)  Step 7 (Walk It Out – 4 sets) |
| Up above my head I hear music in the air Up above my head I hear music in the air Up above my head I hear music in the air I really do believe, I really do believe, there is a joy somewhere | Free style  (Go out in to the audience) |
| Yes I really do believe, I really do believe, there is a joy somewhere  joy somewhere | Hold out right hand, Hold out left hand  Hold hands  Hold hands up and then bow |