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| Intro Music | Clap and walk  |
| Up above my head I hear music in the airUp above my head I hear music in the airUp above my head I hear music in the airI 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 airUp above my head I hear singing in the airUp above my head I hear singing in the airI 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, holdSquiggle left, holdSquiggle right, holdSquiggle left, holdWalk around in a circle |
| Up above my head I hear shouting in the airUp above my head I hear shouting in the airUp above my head I hear shouting in the airI 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 airAll in my home I hear music in the airUp above my head I hear music in the airI 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 airUp above my head I hear music in the airUp above my head I hear music in the airI 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 airUp above my head I hear music in the airUp above my head I hear music in the airI 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 somewherejoy somewhere | Hold out right hand, Hold out left handHold handsHold hands up and then bow  |