



Warm-up Guide

Jump Jim Joe

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Context

Jump Jim Joe is an upbeat and energetic social dance from New England, USA. We have added our own simple actions and gestures to the song e.g. jumping, nodding, tapping toes and bending knees/ bouncing in time to the music. It can be adapted for all levels and needs by using hand-over-hand and partner work. This can be used as a warm-up or a movement activity.

We have two ways of using this song with our groups:

Version 1 is when everyone starts and finishes together. Working pairs dance the actions notated on the following page and swap partners each repetition.

Version 2:

1. Start with two people dancing and everyone else singing.
2. ‘Choose another partner’ is sung, the original two people pick a new partner from the people who aren’t yet dancing. At each repeat of the song new partners start to dance.
3. This version uses the long backing track which has 8 repeats of the song.

Structure

1. There is a 4-bar introduction and turnaround between repeats of the song.
2. The last line of the song is repeated to give more time to change partners.
3. The song slows down at the end of the last repeat where we bow and curtsy to our partner. And we often change the last line to say: ‘but there are no other partners, ‘cause you’ve jumped Jim Joe.’

On the next page you’ll find an accessible guide to the resources that you’ll need for the warm-up.

You can watch a video of one our leaders showing you how you can use this creative activity [here](#).

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	Jump jump jump Jim Joe
	Nod your head
	And shake your head
	And tap your toe
	Round and round and round you go
	And then you choose another partner
	And you jump Jim Joe