

## **“The House of the LORD” Movement Guide (Psalm 122:1)**

**MUSICAL INTRO** (Move/dance to the musical introduction.)

### **CHORUS**

**I rejoiced with those who said to me** (Make fists with both hands, but keep the pinkies up – scrape chest with the pinkies three times for ***I rejoiced***; make fists and point index fingers up on both hands – move hands up and down for ***with those [people]***; point to self with right hand for ***who said to me.***)

**Let us go to the house of the LORD** (Make an “L” with the thumbs and forefingers on both hands, push forward, pointing out front with the index fingers for ***Let us***; flip the index fingers to the right side for ***go***; open hands, each with its fingers together – touch the fingertips and angle the hands [like a roof] over the head for ***to the house***; make an “L” with the thumb and forefinger of the right hand, and cross from the left shoulder to the right hip (like a banner) for ***of the LORD.***)

**I rejoiced with those who said to me** (Repeat motions as above.)

**Let us go to the house of the LORD** (Repeat motions as above.)

### **BRIDGE**

**We will be glad to come in His house** (Put right hand in front of the chest, fingers together and thumb up – sweep hand up in front of chest for ***We will be glad***; make a fist, extending the index finger – make an arc with the hand in front of the body, eventually pointing the index finger down – as the hand comes down, bring the left hand in front of the body, fingers together with the thumb across from the other fingers and a space in between them – hold all the fingers of the right hand together with the thumb behind them, and put the right fingers inside the left hand’s space for ***to come in***; open hands, each with its fingers together – touch the fingertips and angle the hands [like a roof] over the head for ***His house.***)

**It is good to be together** (Cup right hand slightly and move to mouth and then out in front for ***It is good***; make fists with both hands keeping thumbs up – put thumbs and fingers together and move them forward twice for ***to be together.***)

**Here we begin to worship Him** (Face open palms up, thumb slightly out – move the hands in a circle toward each other twice for ***Here we begin***; close left hand in a fist and hold in front of the body – wrap right hand over the left fist and move in a circular motion toward the body for ***to worship***; make fists with both hands, extending the index fingers – point up for ***Him.***)

**And our praise will last forever** (Raise hands for ***And our praise***; put the index, middle and ring fingers of the right hand on the palm, leaving the thumb and pinkie out – face palm down and push forward and up for ***will last forever.***)

**MUSICAL INTERLUDE** (Move/dance during the musical interlude.)

## **TAG**

**We rejoice to be together** (Make fists with both hands, but keep the pinkies up – scrape chest with the pinkies three times for ***We rejoice***; make fists with both hands keeping thumbs up – put thumbs and fingers together and move them forward twice for ***to be together***.)

**And our praise will last forever** (Raise hands in praise – look up and sway with the music until it ends.)