## Y.M.C.A.

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1234

Marching RLRL Throughout Verses

Verse 1

Young man, there's no need to feel down I said, young man, pick yourself off the ground I said, young man, 'cause you're in a new town There's no need to be unhappy

Thumb & F1,F2 Rub together (short...dough)

Young man, there's a place you can go I said, young man, when you're short on your dough You can stay there, and I'm sure you will find Many ways to have a good time

RH Up, LH Up, RH Down, LH Down, Sweep R-L (ways...time)

RH Up, LH Up, RH Down, LH Down, Sweep R-L (need...unhappy)

**Chorus** 

It's fun to stay at the YMCA
It's fun to stay at the YMCA
They have everything for you all to enjoy
You can hang out with all the boys

"Y" Arms up & out palms in, "M" FT to shoulders
"C" pointing to SL, "A" arms up, FT touch THEN march(YMCA)
Clap 2&4 R-L (everything) until YMCA

It's fun to stay at the YMCA
It's fun to stay at the YMCA
You can get yourself clean, you can have a good meal
You can do whatever you feel

Verse 2

Young man, are you listening to me?
I said, young man, what do you want to be?
I said, young man, you can make real your dreams
But you got to know this one thing

No man does it all by himself I said, young man, put your pride on the shelf And just go there, to the YMCA I'm sure they can help you today Point at audience with RH (Young...me)
Point at audience with RH (Young...be)
Point at audience with RH (Young...dreams)
RH Up, LH Up, RH Down, LH Down, Sweep R-L (got...thing)

RH Up, LH Up, RH Down, LH Down, Sweep R-L (they...today)

**Chorus** 

Verse 3

Young man, I was once in your shoes I said, I was down and out with the blues I felt no one cared if I were alive I felt the whole world was so jive

That's when someone came up to me And said, young man, take a walk up the street There's a place there called the YMCA They can start you back on your way Face SL shrug RS 1-2-3-4 Face SR shrug LS 1-2-3-4 Marching RLRL

RH Up, LH Up, RH Down, LH Down, Sweep R-L (the...jive)

Face SL shrug RS 1-2-3-4 Face SR shrug LS 1-2-3-4 Marching RLRL

RH Up, LH Up, RH Down, LH Down, Sweep R-L (the...jive)

Chorus

RH/LH = Right Hand/Left Hand

**F1/F2** = Finger 1/2

**FT** = Finger Tips

SL/SR = Stage Left, Stage Right
RS/LS = Right Shoulder, Left Shoulder

## Coda:

YMCA, it's fun to stay at the YMCA Young man, young man, there's no need to feel down Young man, young man, pick yourself off the ground

YMCA, it's fun to stay at the YMCA Young man, young man, are you listening to me Young man, young man, what do you wanna be?

YMCA, you'll find it at the YMCA No man, young man, does it all by himself Young man, young man, put your pride on the shelf

YMCA, and just go to the YMCA Young man, young man I was once in your shoes Young man, young man I was down with the blues, YMCA \*\*Same Movements as Chorus\*\*