



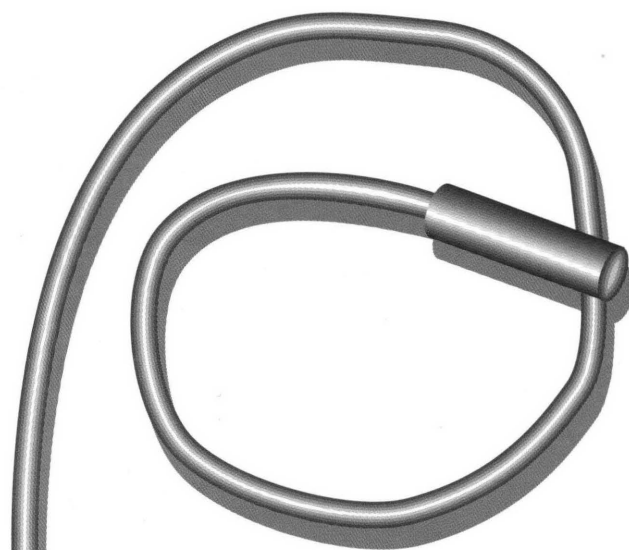
Jump Rope Rhymes

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Although there are many different jump rope rhymes, these are two examples. Notice that the words are often repeated. These are not sung, but chanted in time with jumping the rope. Other actions often are incorporated into the jump rope routines to match the words of the rhyme. For example, during "Teddy Bear," the jumper would touch the ground during that part of the song.

"Teddy Bear"

Teddy bear, teddy bear, turn around.
 Teddy bear, teddy bear, touch the ground.
 Teddy bear, teddy bear, show your shoe.
 Teddy bear, teddy bear, that will do!
 Teddy bear, teddy bear, go upstairs.
 Teddy bear, teddy bear, say your prayers.
 Teddy bear, teddy bear, dim the lights.
 Teddy bear, teddy bear, say good-night!



"Miss Mary Mack"

Miss Mary Mack, Mack, Mack
 All dressed in black, black, black
 With silver buttons, buttons, buttons
 All down her back, back, back;
 She asked her mother, mother, mother
 For fifty cents, cents, cents
 To see the elephants, elephants, elephants
 Jump the fence, fence, fence.

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