

Winnie-the-Pooh Dances



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The Winnie-the-Pooh dances are perfect to show off your little ones' progress during parent observation times. You can have the children wear tutus or skirts to make the routine more engaging and fun. You can also add character-inspired costumes or props like holding toy carrots when they dance as Rabbit. Remember to keep the routine and any additional costume pieces or props simple, fun, and age-appropriate for preschoolers!

Each month, I encourage you to pick a new Winnie-the-Pooh character for your students to dance as. You may choose the characters in any order throughout the year.

A note on the choreography: Parts 1 and 3 are the same in every Winnie-the-Pooh dance. Memorizing dance steps and choreography can be very difficult for preschoolers. We recommend including these two sequences in your recital dance for your Winnie-the-Pooh classes at the end of the year, OR replace these two sequences with choreography you plan to use in your recital dance. This will give your students the entire school year to practice. The character sections (Parts 2 and 4) will help keep the choreography fun from week-to-week while they continue to practice Parts 1 and 3 every week.

Winnie-the-Pooh Dances include:

- Winnie-the-Pooh Dance
- Christopher Robin Dance
- Piglet Dance
- Rabbit Dance
- Eeyore Dance
- Owl Dance
- Kanga and Roo Dance
- Tigger Dance
- Woozle Dance
- Heffalump Dance
- Friendship Dance 1
- Friendship Dance 2

Winnie-the-Pooh Dance

Recommended Music: [Little Black Rain Cloud](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Pretend to hold a honey pot, scoop out honey, and eat it (4 counts)
- Winnie-the-Pooh twirl to the right (4 counts)
- Pretend to hold a honey pot, scoop out honey, and eat it (4 counts)
- Winnie-the-Pooh twirl to the left (4 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Turn to face your friend on one side and give them a hug (8 counts)
- Turn to face your friend on the other side and give them a hug (8 counts)

*Note to teachers: You'll need to pair up who hugs who the first time and the second time.

Optional

- Allow students to free dance around the room as Winnie-the-Pooh exploring the Hundred Acre Wood. (16 counts)

Ending Pose

- Pose like Winnie-the-Pooh!

Note: You can add different movements to match the Winnie-the-Pooh theme, such as pretending to eat honey like Winnie-the-Pooh. He can also meet his friends and move like them like bouncing like Tigger and twirling like Piglet.

Christopher Robin Dance

Recommended Music: [With a Few Good Friends](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Christopher Robin walks in a circle around yourself to the right (8 counts)
- Christopher Robin walks in a circle around yourself to the left (8 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Christopher Robin gallops to the right (4 counts)
- Pretend to look up at the sky and tree branches, looking for birds (4 counts)
- Christopher Robin gallops to the left (4 counts)
- Pretend to look for bugs under rocks (4 counts)

Optional

- Allow students to free dance around the room as Christopher Robin exploring nature. (16 counts)

Ending Pose

- Pose like Christopher Robin!

Note: You can add different movements to match the Christopher Robin theme, such as walking gracefully like Christopher Robin, gesturing with open arms like he is leading his friends, and turning like he is looking around the Hundred Acre Wood.

Piglet Dance

Recommended Music: [If I Wasn't So Small \(The Piglet Song\)](#)

Suggested Props: Child-sized umbrellas, a rain hat, and/or a rain coat.

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Open and hold up (or pretend to) an umbrella in your right hand (4 counts)
- Hold out your left hand like you're feeling rain (4 counts)
- Close your umbrella (8 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- 4 marches like you're stomping in rain puddles (4 counts)
- Piglet spin to the right (4 counts)
- 4 marches like you're stomping in rain puddles (4 counts)
- Piglet spin to the left (4 counts)

Optional

- Allow students to free dance around the room as Piglet dancing in the rain. (16 counts)

Ending Pose

- Pose like Piglet with in umbrella!

Note: You can add different movements to match the Piglet theme, such as holding an umbrella, hopping or running like Piglet, and twirling like a little pig.

Rabbit Dance

Recommended Music: [A Few Simple Rules \(Rabbit\)](#)

Suggested Props: In place of hands on the hips, students may hold a carrot prop. Another prop would be rabbit ear headbands. (These can usually be found cheaply right after Easter.)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- 4 Rabbit hops (4 counts)
- Rabbit spin to the right (4 counts)
- 4 Rabbit hops (4 counts)
- Rabbit spin to the left (4 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Crouch down like a tiny seed in Rabbit's garden (4 counts)
- Grow taller and taller (8 counts)
- Star jump like you're picked from the garden (4 counts)

Optional

- Allow students to free dance around the room as Rabbit. (16 counts)

Ending Pose

- Pose like Rabbit!

Note: You can add different movements to match the Rabbit theme, such as hopping like a rabbit, stretching like a garden plant, and twirling like a graceful bunny.

Eeyore Dance

Recommended Music: [Eeyore Needs His Tail](#)

Suggested Costume Piece: A tail like Eeyore's.

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Sway right, left, right, left (4 counts)
- Chassé right, sway right (4 counts)
- Chassé left, sway left (4 counts)
- Look to see if your tail is still pinned on (4 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Sway right, left, right, left (4 counts)
- Eeyore twirl to the right with the arms in 5th position (4 counts)
- Sway right, left, right, left (4 counts)
- Eeyore twirl to the left with the arms in 5th position (4 counts)

Optional

- Allow students to free dance around the room as Eeyore. Optional: Look for your tail! (16 counts)

Ending Pose

- Pose like Eeyore!

Note: You can add different movements to match the Eeyore theme, such as swaying like Eeyore's tail, moving slowly and gracefully like Eeyore's walk, and turning like Eeyore's head.

Owl Dance

Recommended Music: [Adventure is a Wonderful Thing](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Pretend to flap your Owl wings up and down (4 counts)
- Twirl to the right (4 counts)
- Pretend to flap your Owl wings up and down (4 counts)
- Twirl to the left (4 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

Use sweeping arms for this part:

- Sway right, left, right, left (4 counts)
- Chassé right, sway right (4 counts)
- Sway left, right, left, right (4 counts)
- Chassé left, sway left (4 counts)

Optional

- Allow students to free dance around the room like Owl flying through the sky. (16 counts)

Ending Pose

- Pose like Owl!

Note: You can add different movements to match the Owl theme, such as flapping like Owl's wings, moving gracefully like he is flying, and turning like he is looking around.

Kanga and Roo Dance

Recommended Music: [When Kanga Puts Roo to Bed](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- 4 kangaroo hops traveling sideways to stage right (4 counts)
- Twirl to the right (4 counts)
- 4 kangaroo hops traveling sideways to stage left (4 counts)
- Twirl to the left (4 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- 2 kangaroo hops in place (4 counts)
- 4 kangaroo hops with a quarter turn for each hop, turning to the right (4 counts)
- 2 kangaroo hops in place (4 counts)
- 4 kangaroo hops with a quarter turn for each hop, turning to the left (4 counts)

Optional

- Allow students to free dance around the room like Kanga and Roo. (16 counts)

Ending Pose

- Pose like Kanga or Roo!

Note: You can add different movements to match the Kangaroo theme, such as hopping like Kanga and Roo, moving gracefully like a kangaroo, and turning like they are looking around.

Tigger Dance

Recommended Music: [Bouncin'](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Hop on two feet, keeping the legs together: 1x forward, 2x backward, 1x forward (8 counts)
- Hop on two feet, keeping the legs together, moving sideways: 1x right, 2x left, 1x right (8 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Hop on the right foot (8 counts)
- Hop on the left foot (8 counts)

Optional

- Allow students to free dance around the room as Tigger. (16 counts)

Ending Pose

- Pose like Tigger!

Note: You can add different movements to match the Tigger theme, such as bouncing like Tigger, pouncing like Tigger, and twirling like a playful cat.

Woozle Dance

Recommended Music: [Heffalumps and Woozles](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Woozle wiggle while turning to the right (8 counts)
- Woozle wiggle while turning to the left (8 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Woozle wiggle in place (4 counts)
- Passé with the right leg and hold, close (4 counts)
- Woozle wiggle in place (4 counts)
- Passé with the left leg and hold, close (4 counts)

Optional

- Allow students to free dance around the room like a Woozle. (16 counts)

Ending Pose

- Pose like a Woozle!

Note: You can add different movements to match the Woozle theme, such as wiggling like a Woozle, moving in a zigzag pattern like they do, and turning like they are looking around.

Heffalump Dance

Recommended Music: [Heffalumps and Woozles](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part 1:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Part 2:

- Loud, Heffalump stomps in place (8 counts)
- Loud, Heffalump stomps in a circle around yourself (8 counts)

Part 3:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Part 4:

- Crouch down small (4 counts)
- Fireworks jump (4 counts)
- Crouch down small (4 counts)
- Fireworks jump (4 counts)

Optional

- Allow students to free dance around the room as Heffalump. (16 counts)

Ending Pose

- Pose like a Heffalump!

Note: You can add different movements to match the Heffalump theme, such as stomping like a Heffalump, moving heavily and slowly like they do, and turning like they are looking around.

Friendship Dance 1

Recommended Music: [Winnie the Pooh](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part A:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Winnie-the-Pooh:

- Pretend to hold a honey pot, scoop out honey, and eat it (4 counts)
- Winnie-the-Pooh twirl to the right (4 counts)
- Pretend to hold a honey pot, scoop out honey, and eat it (4 counts)
- Winnie-the-Pooh twirl to the left (4 counts)

Part B:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Christopher Robin:

- Christopher Robin walks in a circle around yourself to the right (8 counts)
- Christopher Robin walks in a circle around yourself to the left (8 counts)

Part A:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Piglet:

- 4 marches like you're stomping in rain puddles (4 counts)
- Piglet spin to the right (4 counts)
- 4 marches like you're stomping in rain puddles (4 counts)
- Piglet spin to the left (4 counts)

Part B:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Rabbit:

- 4 Rabbit hops (4 counts)
- Rabbit spin to the right (4 counts)
- 4 Rabbit hops (4 counts)
- Rabbit spin to the left (4 counts)

First Ending:

- Crouch down (4 counts)
- Fireworks jump (4 counts)
- Pose like your favorite character: Pooh, Christopher Robin, Piglet, or Rabbit! (4 counts)
- Put your hand to your ear like you hear something.

Wait! I think I hear a woozle!

- Wozzle wiggle while turning to the right (8 counts)
- Wozzle wiggle while turning to the left (8 counts)

Final Ending:

- Crouch down (4 counts)
- Fireworks jump (4 counts)
- Pose like your favorite character: Pooh, Christopher Robin, Piglet, or Rabbit! (4 counts)
- Hold your pose (4 counts)

Friendship Dance 2

Recommended Music: [So Long](#)

Students begin standing in parallel with their hands on their hips. Hands are held on the hips unless noted otherwise. Legs and feet are in parallel unless noted otherwise.

Part A:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Eeyore:

- Sway right, left, right, left (4 counts)
- Chassé right, sway right (4 counts)
- Chassé left, sway left (4 counts)
- Look to see if your tail is still pinned on (4 counts)

Part B:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Owl:

- Pretend to flap your Owl wings up and down (4 counts)
- Twirl to the right (4 counts)
- Pretend to flap your Owl wings up and down (4 counts)
- Twirl to the left (4 counts)

Part A:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Tendu the right leg front and close (4 counts)
- Tendu the left leg front and close (4 counts)

Kanga and Roo:

- 4 kangaroo hops traveling sideways to stage right (4 counts)
- Twirl to the right (4 counts)
- 4 kangaroo hops traveling sideways to stage left (4 counts)
- Twirl to the left (4 counts)

Part B:

- Plié and stretch (4 counts)
- Rise and lower (4 counts)
- Passé with the right leg and close (4 counts)
- Passé with the left leg and close (4 counts)

Tigger:

- Hop on the right foot (8 counts)
- Hop on the left foot (8 counts)

First Ending:

- Crouch down (4 counts)
- Fireworks jump (4 counts)
- Pose like your favorite character: Eeyore, Owl, Kanga, Roo, or Tigger! (4 counts)
- Put your hand to your ear like you hear something.

Wait! I think I hear a heffalump!

- Loud, Heffalump stomps in place (8 counts)
- Loud, Heffalump stomps in a circle around yourself (8 counts)

Final Ending:

- Crouch down (4 counts)
- Fireworks jump (4 counts)
- Pose like your favorite character: Eeyore, Owl, Kanga, Roo, or Tigger! (4 counts)
- Hold your pose (4 counts)