(Song to be used with Lycra or parachute)

**Crath is crath is crath is STAD!**

Shake and shake and shake and STOP!

Crath is crath is crath is STAD! – Luath is slaodach (Fast and slow)

*Cra is cra is cra is STAT*

*~~~~~~~*

**Tha sinn dol suas is suas is suas!**

We are going up and up and up!

(fonn; Skye Boat Song)

Tha sinn dol suas is suas is suas

*Ha sheen doll soo-us is soo-us is soo-us*

Tha sinn dol sìos is sìos

*Ha sheen doll shee-us is shee-us is shee-us*

Tha sinn dol suas is suas is suas

*Ha sheen doll soo-us is soo-us is soo-us*

Tha sinn dol sìos is sìos

*Ha sheen doll shee-us is shee-us is shee-us*

Taobh gu taobh, taobh gu taobh

*Tove goo tove, tove goo tove ,*

Taobh gu taobh, gu taobh

*Tove goo tove, tove goo tove ,*

Tha sinn dol suas is suas is suas

*Ha sheen doll soo-us is soo-us is soo-us*

Tha sinn dol sìos is sìos

*Ha sheen doll shee-us is shee-us is shee-us*