

Simama Kaa – a song from Tanzania

Si -ma -ma kaa chest chest clap head
Si -ma -ma kaa chest chest clap head
Ruku ruku ruku rub palms together in time to words
Si -ma -ma kaa chest chest clap head

Tambea tambea pat knees, jump after the words
Tambea tambea pat knees, jump after the words
Ruku ruku ruku rub palms together in time to words
Si -ma -ma kaa chest chest clap head

The above actions are a good way to learn the words and focus on rhythm.
It's a good concentration exercise along with the music track which gradually speeds up.
Once you know the song well you could try actions using the meaning of the words which will be a bit more chaotic but good fun...

Si -ma -ma kaa stand up, sit down
Si -ma -ma kaa stand up, sit down
Ruku ruku ruku jump jump jump
Si -ma -ma kaa stand up, sit down

Tambea tambea walk walk
Tambea tambea walk walk
Ruku ruku ruku jump jump jump
Si -ma -ma kaa stand up, sit down



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