

The Hokey Pokey

The dance follows the instructions given in the lyrics of the song, which may be prompted by a bandleader, a participant, or a recording. A sample instruction set would be:

You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!

Participants stand in a circle.

1) On "in" they put the appropriate body part in the circle, and on "out" they put it out of the circle.

2) On "And you shake it all about", the body part is shaken three times (on "shake", "all", and "-bout", respectively).

3) Throughout "You do the hokey pokey, / And you turn yourself around", the participants spin in a complete circle with the arms raised at 90° angles and the index fingers pointed up, shaking their arms up and down and their hips side to side seven times (on "do", "hoke-", "poke-", "and", "turn", "-self", and "-round" respectively).

4) For the final "That's what it's all about", the participants

clap with their hands out once on "that's" and "what" each
clap under the knee with the leg lifted up on "all"
clap behind the back on "a-"
clap with the arms out on "-bout".

The body parts usually included are:

right leg
left leg
right arm
left arm
head
backside
whole self

the body parts are often included as well:

right elbow
left elbow
right hip
left hip

The final verse goes:

You do the hokey pokey,
The hokey-pokey,
The hokey-pokey.
That's what it's all about!

On each "pokey", the participants again raise the arms at 90° angles with the index fingers pointed up, shaking their arms up and down and their hips side to side five times.