

## **BrainDance Music**

- 1 The Five Minute BrainDance (narration)
- 2 The Five Minute BrainDance (chimes)
- 3 The Eight Minute BrainDance (narration)
- 4 The Eight Minute BrainDance (key words)
- 5 The Violin BrainDance (key words) – 6:30
- 6 The Violin BrainDance (music) – 6:30
- 7 Atlas – with electric violin (music) – 6:57

## **The BrainDance In-depth (narration)**

- 8 Breath – 2:03
- 9 Tactile – 1:36
- 10 Core-Distal – 1:36
- 11 Head-Tail – 1:48
- 12 Upper-Lower – 2:02
- 13 Body-Side – 1:48
- 14 Eye-Tracking – 1:12
- 15 Cross-Lateral – 1:05
- 16 Vestibular – 1:10

## **BrainDance with Rhymes for ages 18 months through 5 years**

- 17 **Breath:** “Bubble Gum” – 1:15
- 18 **Tactile:** “Hickory Dickory Dock” – 0:58
- 19 **Core-Distal:** “Twinkle Twinkle Little Star” – 0:36
- 20 **Head-Tail:** “Bounce Like A Ball” – 0:54
- 21 **Head-Tail:** “Pussy Cat” – 0:37
- 22 **Upper-Lower:** “I Shake My Hands” – 0:38
- 23 **Body-Side:** “One, Two, Buckle My Shoe” – 0:50
- 24 **Cross-Lateral:** “Miss Mary Mack” – 0:43
- 25 **Vestibular:** “Humpty Dumpty” – 0:42
- 26 **Crawling, Creeping and Walking Patterns:**  
“Scaly Little Lizard” – 1:36

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