

# Psalm 100 - Hand Motions

Jeremy Quillo

CCLI# 7096766

4/4 Time, Quarter note = 105-115 bpm



## CHORUS:

**Psalm one hundred says “SHOUT for joy**

*Clap to the beat, then shout w/hands around mouth*

**to the Lord, all the earth”**

*Wave arms back and forth over head to the beat, then down to make a circle on "all the earth"*

**Psalm one hundred says “SHOUT for joy**

*Clap to the beat, then shout w/hands around mouth*

**to the Lord, all the earth”**

*Wave arms back and forth over head to the beat, then down to make a circle on "all the earth"*

**Worship the Lord with gladness**

*Raise both arms high over head, palms up*

**Come before Him with joyful songs**

*Lower arms from over your head, then both hands out from mouth on "songs"*

**Psalm one hundred says “SHOUT for joy**

*Clap to the beat, then shout w/hands around mouth*

**to the Lord, all the earth”**

*Wave arms back and forth over head to the beat, then down to make a circle on "all the earth"*

**Repeat, faster (quarter note = 144)**

**Repeat, slower until last line (110), then faster (150)**