

“Cup Song”

The beat is based on "The Cup Game" a children's old game (It was in Full House and Zoom). Lulu and the Lampshades created it, Pitch Perfect popularized it, and Anna Kendrick popularized it even more.

<http://www.wikihow.com/Do-the-Cup-Song>

Steps

Find a hard plastic cup that is fairly heavy (if you have one or you could use a bottle). You can also use a disposable paper or plastic cup, but the weight of a heavier cup keeps it from flying out of your hands when you're performing the song.



Place the cup upside down on a table or hard surface. It should be directly in front of you.

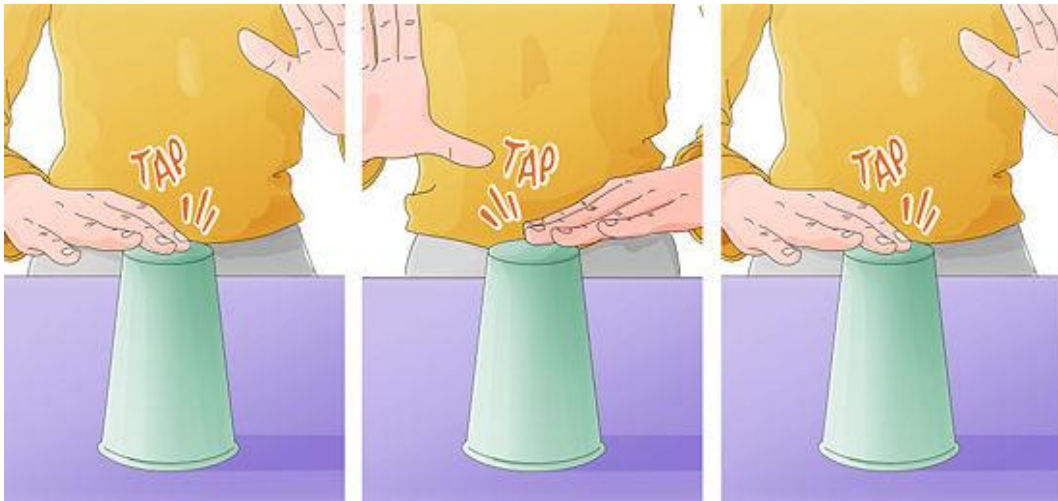


Method One: Right-Handed

1. Clap Twice



2. Hit the top of the cup three times: first with your right hand, then with your left hand, and again with your right hand. You can also hit the table.



Method One: Right-Handed

3. Clap Once



4. Pick the cup up with your right hand so it's about 2 inches (5 cm) above the table.



Method One: Right-Handed

5. Move the cup approximately 6 inches (15cm) to your right and set it down. It should make a noise when it hits the table.



6. Clap Once.



Method One: Right-Handed

7. Turn your right hand upside down and grasp the cup. Your thumb should be facing down, toward the table.



8. Lift the cup and tap the opening to your left palm.



Method One: Right-Handed

9. Place the cup back down on the table, right side up, tapping the edge. Don't let go of the cup.



10. Lift the cup and tap the bottom to your left palm.



Method One: Right-Handed

- 11. Hold the bottom of the cup with your left hand.**



- 12. Slap your right hand down on the table in front of you.**



Method One: Right-Handed

13. Cross your left arm over your right, and place the cup upside down on the table. It should make a noise.



14. Repeat

