

Get Off the Couch

Music and Lyrics by Aaron Burnett © 2003, Aaron Burnett.

In American Sign Language, facial expression and body language is very important. They give meaning to what is being signed. It is impossible to sign every word so there is a lot of interpretation in what is being said. Main nouns and verbs are emphasized.

Chorus

Get off the couch

Sign

The extended right index and middle fingers are draped across the back of the same two fingers of the down turned left hand. The top right hand then moves straight forward (away from the body) off "the couch" ending with the tips of the fingers pointing downwards.

Grab your running shoes

Lean slightly to the left and pretend to tie a bow in your left shoe lace then move to the right and pretend to tie up your right shoe laces.

Let's play outside



Play - Hold both hands in the "Y" position in front of the chest and shake them back and forth, pivoted at the wrist. Move arms in a circular clockwise motion keeping the forearm parallel to the floor.

Outside - The down-turned open right hand, grasped loosely by the left hand is drawn up and out of the left hand's grasp. As it does so, the fingers come together with the thumb. The left hand meanwhile closes into the "O" position palm facing right.

No time to snooze

Sleep - The 5 handshape is facing the face and is then pulled down and closes with finger tips together to represent the eyes closing. The head pulls down to further emphasize that a person is sleeping. Shake your head "no" to show there is no time to sleep.

Chorus

Get off the couch

Turn off the TV

Lay down the chips

Have some fun with me

Sign

Repeat the above.

The signer pretends to turn off the television with a remote control using the right hand. Then, keeping arm extended turn hand up towards self with loose open fingers. Bring fingers and thumb together to symbolize the TV "closing", or shutting off.



Using the index and middle fingers of the right hand "U" hand, briefly tap the back of the left wrist twice. Palm of the left hand is facing the ground. Then pretend to throw the chips away to the right.



Join Us - Right hand, held in the modified "5" position, palm out, move toward body.

Play - Hold both hands in the "Y" position in front of the chest and shake them back and forth, pivoted at the wrist. Move arms in a circular clockwise motion keeping the forearm parallel to the floor.

Fun - The index and middle fingers of the right hand "U" hand, whose palm faces the body, are placed on the nose. The right hand swings down in an arc and palm down, the "U" fingers strike their left counterparts on the down-turned left "U" hand.