



www.holisticmusicforchildren.com

Moving Sounds Track List

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|-----------|------------------------------|
| 1 and 11 | Hello |
| 2 and 12 | Tapping |
| 3 and 13 | Stroking |
| 4 and 14 | Hands |
| 5 and 15 | Leading |
| 6 and 16 | Legs |
| 7 and 17 | Feet |
| 8 and 18 | Breathing, Rocking, Cradling |
| 9 and 19 | Body Massage |
| 10 and 20 | Relaxing Instrumental |

(With vocal instruction)

(No vocals)

HMC