

This and That

Words and Music by ROGER EMERSON
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Arranged by ROGER EMERSON

Moderate Swing (♩ = 146)

Piano

mf

F F6

mf Stretch hands up high

I saw my friend stretch-ing way up high, —

5

Reach up alternating L R

so high they could al-most touch the sky. — An-oth-er one stretched like an

Bb9 G9

8

L R Stretch high Alternate stretch L R

old tom-cat. — I thought, "I can do this! I can do that!

Bb6/C Bb(add9)/C

11



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Keep alternating L R

L R

Shake your hands 8 times from high to low

I can do this — and all that!"

Gm11 Bb(add9)/C F6



14

Touch your toes then stand up straight

Fists on hips

Point to toes

My teach - er said, "Reach and touch your toes. —



18

Lift R knee to chest holding it with both hands

Knee goes down

Lift L leg to chest holding it with both hands

Bring your knees right close to your nose." — I did just so right here

Bb9 G9



21

Knee goes down

Lift R knee again

Lift L knee again

where I sat. — I said, "I can do this! I can do that!"

Bb6/C Bb(add9)/C



24

Lift R knee *Lift L knee* *Stretch up high*

I can do this — and all that!" I can do this!

Gm11 Bb(add9)/C F6 Bb(add9)

27

Alternating stretch of arms *Lift R knee to chest*

I can do that! I can do this!

Gm7

31

Lift L knee to chest *Shake both hands high to low 8 times* *Hold both arms straight down in front with flexed wrists like a frog*

I can do that! I can do this — and all that! *f*

Bb/C Gm11 Bb(add9)/C F6 D9

35

Hop two times per measure *Wave Jazz hands at head level*

saw a frog hop-ping up and down. — Up and down like a cir-cus clown. — He

G6 C9

39

4 more jumps

L Jazz hand at head level
or hop from foot to foot

Add R Jazz hand

jumped as high as an a-cro - bat. — I thought, "I can do this! I can do that!"

A9 C6/D C(add9)/D

43

Wave Jazz hands

Hop around like a frog

I can do this — and all that!"

Am11 C(add9)/D G6

47

Pretend to soft shoe
pointing R foot then L
across the front

continue

I saw a dude do the ol' soft shoe. — I heard him count - ing, "Ah,

C9

51

R foot 3 times cross,
side cross, together

one and two." — He taught me how in noth-ing flat. — I said, "I can do this!"

A9 C6/D

55

L foot 3 times, across,
side, across together

Repeat 3 R

Repeat 3 L

Wipe hands off each
other like "so there"

I can do that! I can do this — and all that!"

C(add9)/D Am11 C(add9)/D G6

59

Thumbs to self

Paddle Wheel turn L

Thumbs to self

Paddle Wheel turn R

I can do this! I can do that!

C(add9) G/B

63

Thumbs to self

Jut L hip
out to side

Jut R hip
out to side

One clap burst

I can do this! I can do that! I can do this — and all that!

Am11 C(add9)/D G6 E9

67

Thumbs to self

Pat legs on rhythm

Clap

Cross L foot
over R and shrug

I can do this — and all that!

Am11 C(add9)/D G⁶

71