**POWER IN ME - ACTIONS**

There are some actions that have been devised to accompany the Chorus:
– I’ve got the power in me: place your right hand to your chest
– You’ve got the power in you: point out to the audience
– I’ve got the power, p- p- power: place right hand back to chest, thumping the chest on ‘p- p- power’
– Nobody’s going to hold me back: pull back on an imaginary rope
– Nobody’s going to silence my words: brush your right hand over/close to your lips
– Close my mind: place both hands either side on your head
– I’ve got the power in me: place your right hand back to your chest

In the middle section (bars 61-72) use two arms pointing out for ‘we got the power’, one arm for ‘you got the power’ and one finger to the chest for ‘I got the power’. Dampen the volume of the singing during this part so the next part grows in power and has a more dramatic effect.