

TIRO/PROMISE Songs for Canadian Girl Guides, page 20.

TIR;TIR;TIRO TIR;TIR;TIRO O;O;O;O (repeat going faster)

P R O, P R O, M I S E P R O, P R O, M I S E Promise, Promise to Keep (repeat going faster)

Actions:

Before singing, everyone puts their arms around the shoulders of their neighbours and their right foot over their neighbour's left foot. Verse 3 and 6: After singing, bend down, up, down, up.