

DANCE WITH YOUR BODY

Dance, dance, dance with your body
Dance, dance, move it like this
Dance, dance, dance with your body
Move it, move it like this
Start with your feet
Your feet are below
Move your feet, move, move your feet
Now, with your legs
Dance with your legs
Dance, dance with your legs
And your knees, your knees,
are for squatting down
Get down!

And with your hips,
feel the rhythm with your hips
Move your hips, move your hips
Dance, dance, dance with your body
Dance, dance, move it like this
Dance, dance, dance with your body
Move it, move it like this
Shoulders, shoulders
Move your shoulders up and down
Up, down
Your neck, make a circle with your neck
Now with your tongue,
show me your tongue
La, la, la, la, la, la, la, la
Eyes open, eyes closed
Open, closed, open, closed

Now your hands, put your hands up
Up, down, side, side
Now, your hands, now with your hands
Up, down, side, side
Dance, dance, dance with your body

Dance, dance, move it like this
Dance, dance, dance with your body
Move it, move it like this

Now that we have used the whole body
And we know all the steps
Let's start from the beginning, with your feet
In one, two, three
Start with your feet
Then, with your legs, dance with your legs
Knees, knees are for squatting down
Get down!

And with your hips,
feel the rhythm with your hips
Move, move your hips
Shoulders up, shoulders down
Up, down, up, down
Neck, make a circle with your neck
Now with your tongue, show me your tongue
La, la, la, la, la, la, la, la
Eyes open, eyes closed
Open, closed, open, closed
Now your hands, show me your hands
Up, down, side, side
Dance, dance, dance with your body
Dance, dance, move it like this
Dance, dance, dance with your body
Move it, move it like this