



EVERYBODY MOVE!

[Intro]

Okay, everybody!
You need to loosen up for this one
So shake your hands for me
Are you shaking them?

Okay
Now shake your feet
Shake them really good
Are you shaking them?
Now shake your body

Come on, shake your body
Okay!
Are you ready?
Let's go!

[Verse #1]

Everybody hold your hands up
Touch the sky
Everybody hold your hands up
Hold them up real high
Hold them
Hold them
Hold them

Now jump
Everybody jump
Jump high
Jump high with your hands to the sky
Jump
Jump

[Chorus]

Now rest
Everybody take a big breath
Breathe in
Breathe out
Now rest
Everybody take a big breath
Breathe in
Breathe out

Are you ready?
Let's go!



[Verse #2]

Everybody hold their hands far apart
Hold them really far
Get ready
Get ready

Now clap
Clap, clap, clap, clap your hands
Clap
Clap louder
Clap faster
Clap louder
Clap faster

Now stop!

[Chorus]

Now rest
Everybody take a big breath
Breathe in
Breathe out
Now rest
Everybody take a big breath
Breathe in
Breathe out

Are you ready?
Let's go!

[Verse #3]

Everybody stamp their feet
Stamp like an elephant
Now stamp
Now stamp like a mouse
Now stamp
Stamp like an elephant
Now stamp
Now stamp like a mouse
Now stamp
Everybody stamp their feet
Stamp

[Chorus]

Now rest
Everybody take a big breath
Breathe in
Breathe out
Now rest
Everybody take a big breath
Breathe in
Breathe out

Now rest