

Music Makes Me Wanna Move

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1. I Like to Jump. KIDS

Jump. Jump. I like to jump. (2x)
Everybody jump now.
I can jump up high.
I can jump down low.
I can jump real fast.
I can jump real slow.
Jump. Jump. I like to jump. (2x)
Everybody jump now.
I can jump back to front.
I can jump side to side.
I can jump with feet together.
I can jump feet opened wide
We all like to jump because jumping is fun
So let's all jump, everyone.
Everybody jump now.
Jump. Jump. I like to jump. (2x)
Everybody stop!

2. Up On Your Feet

Up on your feet. Get up on your feet
Put your hands up. Put 'em up. (2x)
Now shake it. Shake it
Shake while we count to ten. Count!
1 2 3 4 5 6 7 8 9 10.
Take the beat down to your feet
Put your foot down. Put 'em down. (2x)
Now stomp it. Stomp it.
Stomp it while we count to eight. Stomp!

1 2 3 4 5 6 7 8

Now we'll make your world go round
Turn yourself around. Turn around (2x).
Spin. Now, spin while we spell the word
Spin. S P I N. Spin!!
Let's do what we like to do.
Everyone likes to shake
So shake it. Sh sh sh shake it. Shake it!
Everyone likes to stomp.
So stomp. St st st stomp. Stomp.
Everyone likes to spin.
So spin. Sp sp sp spin. Spin.
Time to bring it home
Now strike yourself a pose. Strike a pose now
Stay still. Like a statue. Stay still.

3. Shake it! Shake it!

Shake it. Shake it. Shake what you've got
Shake it. Shake it. Shake it a lot
Shake your hands. 1, 2, 3.
Shake your hands. Shake them with me
Shake it. Shake it. Shake what you've got
Shake it. Shake it. Shake it a lot
Repeats for head, what's behind your body.

4. Wheels on the Bus

The wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All over town. The wheels go round and round.
The wheels go round. (2x)
The doors on the bus go open and shut.
The people on the bus step out and in
The driver on the bus says "Move on back!"
Each part repeats backwards.
The windows on the bus slide up and down.
The wipers on the bus go swish, swish, swish.
Each part repeats backwards.
The riders on the bus go bumpety bump.
The Babies on the bus cry "Wah, Wah, Wah."
The mothers on the bus go "Sh. Sh. Sh".
Everything repeats backward.

5. Best Friend Boogie

I have a best friend. Thomas is his name
When we get together it's often the same

Whenever we get the chance
We like to do the best friend
Boogie Woogie dance
Do the best friend boogie.
Point your fingers down
Walk forward while you
Wiggle your shoulders around
Do the best friend boogie. Jump on back.
In between jumps, add a clap

Ok Thomas. It's your turn.

I have a best friend and her name is Mar.
When I see her I say "Come over here."
Give me your hand and dance with me.
Time to do the Best Friend Boogie Woogie.
Do the best friend boogie.
Point your fingers down
Walk forward while you
Wiggle your shoulders around
Do the best friend boogie. Jump on back.
In between jumps, add a clap
Join right hands. Give your friend a whirl
Put left pointer up. Twirl, twirl, twirl
Spin your partner round and round
Dontcha just love the boogie woogie sound?
Do the best friend boogie. Etc

6. The Wiggle Walk.

Can you wiggle? Can you walk?
Put them together. Let's wiggle walk
Wiggle, wiggle, wiggle, wiggle. Walk. Walk
Let's wiggle walk (2x)
Walk forward. Wiggle. Wiggle walk with me
Wiggle walking is fun. Yes, siree!
Wiggle, wiggle, wiggle, wiggle. Walk. Walk
Let's wiggle walk (2x)
Well you can wiggle walk backwards, too
Wiggle walking is fun to do
Wiggle, wiggle, wiggle, wiggle. Walk. Walk
Let's wiggle walk (2x)
Wiggle walk sideways to the right
Wiggle walk to the left. You're doin' all right
Wiggle, wiggle, wiggle, wiggle. Walk. Walk.
Let's wiggle walk (2x)
Are you wigglin'? Yes, Mar.
Are you walking'? Yes, Mar.
Count me back in. 1, 2, 3, 4!

Wiggle, wiggle, wiggle, wiggle. Walk . Walk
Let's wiggle walk

7. Frog Hop and Stop

Hop. Hop. Be a frog. Hop
Find your lily pad. Squat like a frog
Hop. Hop. Hop and stop. Stop. Hop.
Hop. Hop. Stop. Hop, hop, hop and stop
Stop. Stop. Hop. Hop. Stop.
Now, bounce on those lily pads.
A frog can sit on his own lily pad and chill.
Just Ribbit. (2x)
Hop. Hop. Hop and stop. Stop. Hop.
Hop hop stop. Hop hop hop hop stop. Stop
Hop. Hop hop, stop. Stop bouncing.
A frog can hop to another lily pad and chill.
Just Ribbit. (2x)
Hop, hop, hop, hop. Stop. Stop. Stop. Hop, hop
Stop. Hop, hop, hop. Stop! Hop, hop. Stop.
Find your lily pad. Squat like a frog.
Now, ribbit!

8. Bunny Hop Jump

Act like a bunny and jump, jump, jump (2x)
Put your hands on your head like two ears and
Flop, flop
Put your hands in front like two paws.
Now sway them. And, stop.
Put your hands on your knees and bend.
Now jump three times while you
Turn to the right and do it all again!
(Repeats 4 times too make full circle)

9. Time to Stretch

Time to stretch. Time to stretch.
Reach up high.
Clasp your hands over your head.
It's time for stretching I said.
Bend to the left. Bend to the right.
Stretching gets you loose when you are tight
Time to stretch. Time to stretch.
Bend forward. Fingers touch your toes
Bend back as far as your back goes
With arms up high, breath in deep
Count to 5 while that breath you keep
1, 2, 3, 4, 5

Now, blow it out steady and slow.
Push it out until you can't blow
Time to stretch. Time to stretch.
Lean your head back. Face toward the sky
Chin to your chest. Give this a try
Turn your head left then right
Ear to each shoulder on each side
Bring your arms up while you breath in
This is relaxin'
Bring arms down and breath out
That's what stretching is about.
Time to stretch. Time to stretch.

10. Dinosaur Dance

There's a dino on the dance floor and
He wants to dance with you.
This is what you're gonna have to do.
Move your backside. Make it sway.
Stomp your feet on the floor.
Open your mouth. "Roar!" you say.
You're dancing like a dinosaur.
Dinosaurs lived a long time ago.
When's the last time we saw one?
I don't know
But that guy in those leather pants?
He's doin' a dinosaur dance.
Move your backside. Make it sway.
Stomp your feet on the floor.
Open your mouth. "Roar" you say.
You're dancing like a dinosaur.
Now that lady has some very sharp teeth.
She's dancing to a real big beat.
I've never seen these people before but
They sure dance like a dinosaur.
Move your backside. Make it sway.
Stomp your feet on the floor.
Open your mouth. "Roar!" you say.
You're dancing like a dinosaur.
Play some Saxophone, Mark. Hm.
That saxophone looks like a dino snout.
Well that couple has left. They've gone away.
I really wanted them to stay.
I wanted to ask coz I, I wasn't sure.
Are you really a dinosaur?
Hey wait! Aw, they're gone.
Now we'll never know.

Move your backside. Make it sway.
Stomp your feet on the floor.
Open your mouth. "Roar!" you say.
You're dancing like a dinosaur.

11. Crab Crawl

Crab crawl. If you're feeling crabby
Crab crawl. Moving makes you happy
Let's pretend to be down by the sea
Walk like a crab but be happy
Walk on all fours. Forward you go
Now go backwards nice and slow
Cr cr crab crawl crabby crabby crab crawl
Cr cr cr crabby crawl. (2x)
Oye! Listen to me now.
Crab hears a noise.
Thinks "What's dat sound?"
Put up your pincers and turn around
Snap those pincers up to the sky
Now snap them down. Give it a try
Cr cr crab crawl crabby crabby crab crawl
Cr cr cr crabby crawl (2x)
Crab crawl. If you're feeling crabby
Crab crawl. Moving makes you happy
Walk sideways to the left. Step 1. Step 2.
Walk sideways to the right. Step 1. Step 2.
Cr cr crab crawl crabby crabby crab crawl
Cr cr cr crabby crawl (2x)
Why you be so crabby?

12. Dancing Disco Dogs

Hey, disco dogs.
You look like you're beggin' to dance.
You are in the groove to move.
Come on now. Get on your doggie feet.
Put up your paws and feel that Disco Beat!
When you do it once, you'll want it to repeat.
Put up your paws and feel that Disco Beat!
Dancing Disco Dogs jump forward,
Woof Woof!
Dancing Disco Dogs jump back, Woof Woof!
Step twice to the left.
Now, twice to the right
Do that again. This doggie will not bite!
Dancing Disco Dogs jump forward.
Woof Woof!

Dancing Disco Dogs jump back. Woof Woof!
 Tap your right foot out. Point right.
 That's what you do.
 Tap your left foot out. Now point up left, too
 Disco dogs shake your tail.
 Now throw your head back and wail! Ah OOO!
Time to go visit other dog houses
 Bend down with all four paws on the ground.
 Act like a doggie and roll around.
Roll around doggies. Now roll the other way.
Get yourself back up on all four paws.
 Walk like a dog, on the floor to a friend.
 Stand back up. Dance together 'til the end
 Dancing Disco Dogs tap paws. Woof Woof!
 Dancing Disco Dogs wag your tail. Woof Woof!

13. Music Makes Me Wanna Move

Every time I hear a groove,
 Music makes me wanna move!
 Say move, move. Moo oo oo oo oove. Move.
 Move. Moo oo oo oo oove
 I put my arms up in the air
 Spin around while I turn them there
 I put my arms back down
 Shake myself down to the ground.
 Every time etc
 Right foot forward. Shake and lean
 Shake it like a dancing machine
 Shake back on your left foot now
 Lean and shake. Yes. You know how
 Every time I hear a groove,
 Music makes me wanna move!

14. Move. Then, Stay Still

Move. Find your groove. (3x)
 Then, stay still. Stay still.
 Move your fingers. Move your feet.
 Now your whole body moves to the beat.
 Move. Find your groove. (3x)
 Then, stay still. Stay still.
 Get your toe tapping. Tap. Tap.
 Your fingers snapping. Snap. Snap.
 Move. Find your groove. (3x)
 Then, stay still. Stay still.
 It's a lot of fun to move.
 And maybe not as much to be still.

It's fun to move a lot, but it's also fun to chill.
 Move. Find your groove. Stay still. Stay still.

Credits

Songs written by Maryann "Mar." Harman
 Produced by Maryann "Mar." Harman and
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 Arrangement/instrumentation: Mark J. Dye
 Special appearance by Dr. Thomas Moore on
 "The Best Friend Boogie" - vocals and
 saxophone. Thank you, Thomas!!
 Background vocals: Mark J. Dye, Julia
 Isabelle Hauser, Anna Fuhler, Cassie Cleland,
 Ava Domico
 All dog sounds courtesy of Mar.
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 GeoMotion Group for consulting on movment.
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Tray Card

This CD was put together to help get children
 up and moving with beats they like and lyrics
 that are appropriate. They have been happily
 tried out with children from around the world
 from ages 2 - 8. Children do not have the
 capacity to keep their heart rates up for long
 periods of time. It is best to mix high energy
 movement with slower paces, some even done
 while sitting down. Research has shown that
 dancing at least once a week is an important
 part of brain health as well as physical
 benefits.