



Healthy Kids, Early Start

I've Got Moves

Music & Lyrics by: Angel Mullis, Anne Lindsay & Jennifer Prestridge

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Verse 1

Let me see you twist twist twist
Can you move your hips hips hips
And it goes like this this this
Let me see you twist twist twist
Hey *Hey!* Hey *Hey!*

Verse 2

Let me see you stomp stomp stomp
Take it back and stomp stomp stomp
Go forward stomp stomp stomp
Now back and stomp stomp stomp
Hey *Hey!* Hey *Hey!*

Chorus

You've got to get up on your feet
You've got to move it to the beat
Now let's go down to the ground
And then spin it all around
You've got to jump do the jive
And then make it come alive
Now I'm never gonna have the blues
I've got moves

Verse 3

Let me see you hop hop hop
On one foot, hop hop hop
Now the other foot, hop hop hop
Now don't you stop stop stop
Hey *Hey!* Hey *Hey!*

Verse 4

Wave your hands up high to the sky
Now let's go down to the ground
Wave your hands up high to the sky
Now let's go down to the ground
Hey *Hey!* Hey *Hey!*

Verse 5

Let me see you slide to the side
Now the other way slide to the side
Once again let's slide to the side
Let me see you slide to the side
Hey *Hey!* Hey *Hey!*

Verse 6

Let me see you jump jump jump
Up down and jump jump jump
Come on get pumped pumped pumped
Let me see you pump pump pump
Hey *Hey!* Hey *Hey!*

Outro

Yeah I've got moves
Yeah I've got moves
Yeah I've got moves
Yeah I've got moves

Promotes Physical Literacy

For more information, contact

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