



Healthy Kids, Early Start

Supposed to Polka

Adapted with permission from: Geist Music (BMI) & Christel Chase Music (ASCAP)

Original Music and Lyrics by: Nancy J. Seibert, Cindy Mechem & Pat Viglietta

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

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Verse 1: All I hear is, “You’re not supposed to, throw things on the floor”
If I go outside, my momma tells me, “Hey please close the door!”
Stay up late well, you’re not supposed to, that’s what I recall
Pretty soon I think I’m not supposed to do anything at all

Chorus: Well nobody says, “You’re not supposed to polka”
It’s always okay
You can jump, clap, or dance a polka
It’s safe in every way
You’ll never hear, “You’re not supposed to polka”
Cause it’s so great for you
Ask your parents, they know the polka
It’s Mom and Dad approved

Verse 2: All day long it’s, “You’re not supposed to, leave your toys around”
“Please be quiet!”, “You’re not supposed to, make a noisy sound”
Jumping, jumping, “You’re not supposed to”, at least not on the bed
If everything’s a, ‘you’re not supposed to’, what on earth is left?

Chorus: Well nobody says, “You’re not supposed to polka”
It’s always okay
You can jump, clap, or dance a polka
It’s safe in every way
You’ll never hear, “You’re not supposed to polka”
Cause it’s so great for you
Ask your parents, they know the polka
It’s Mom and Dad approved

Promotes physical activity

For more information, contact:

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