



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

Healthy Kids, Early Start

I've Got Moves

Music & Lyrics by: Angel Mullis, Anne Lindsay & Jennifer Prestridge
© 2018 University of Nevada Cooperative Extension/ASCAP All rights reserved, used by permission

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
Anne R. Lindsay, PhD, University of Nevada, Reno Extension lindsaya@unr.edu Ph. (702) 940-5434

The University of Nevada, Reno is an equal opportunity/affirmative action employer and does not discriminate on the basis of race, color, religion, sex, age, creed, national origin, veteran status, physical or mental disability and sexual orientation in any program or activity it operates. The University of Nevada employs only United States citizens and aliens lawfully authorized to work in the United States.

CREDITS

“I’ve Got Moves”

©2022 University of Nevada, Reno Extension

Executive Producer

Anne R. Lindsay Ph.D., FACSM
Professor, UNR Extension

SONG

Music Producers & Arrangers

Angel Mullis, Annie Lindsay

Recording Artists

Tyler James (vocals), Trevor Johnson (guitar),
Jim Louvgrin (drums), Christopher Davis (bass), Jimmy Carpenter (sax)

Music & Lyrics by

Angel Mullis, Annie Lindsay, Jennifer Prestridge

Recorded, Mixed & Mastered by

Thomas “TBone” Demman, SonSong Studios

MUSIC VIDEO

Video Producers

Angel Mullis, Anne Lindsay

Writing, Filming & Editing Directors

Volar Media, Kenneth Parker & Scott Beck

Photography Director

Cindi Kay Morehead

Choreographer

Jennifer Prestridge

Special thanks to:

Mustang Sally’s Diner @ Ford Country, The Healthy Kids Early Start Team and
The many wonderful volunteers and Extension staff who participated in the making of this project.

*All rights reserved. No portion of the media project may be reproduced or used in any manner
without written permission of the copyright owner except for the use of quotations in a book review.*

*This project was funded, in part, by Supplemental Nutrition Assistance Program
(SNAP), an equal opportunity and provider.*



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

For more information, call 702-940-KIDS (5437)

extension.unr.edu/healthykids

An EEO/AA Institution

