



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

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:

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

CREDITS

“Supposed to Polka”

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Executive Producer

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

SONG

Music Producers & Arrangers

Angel Mullis, Anne Lindsay

Recording Artists

Frankie Scinta (vocals), Trevor Johnson (guitar),
Jim Louvgrin (drums), Christopher Davis (bass), featuring Nancy Seibert (accordion)

Music & Lyrics by

Nancy Seibert, Cindy Meachem & Pat Viglietta;

(Modified lyrics by Angel Mullis, Annie Lindsay, Jennifer Prestridge)

*The original song “Not Supposed to Polka” is contained in CD “Zing-A-Ling – Potpourri of Polkas”
by Nancy Seibert (C) (P) 1998. Permission granted for use of the song by Geist Music (BMI)
and Christel Chase Music (ASCAP) nsmusic@comcast.net*

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

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