

All Warmed-up

Chorus:

Gotta energise the body, Gotta get the body ready, Gotta feel that beat, And we gotta keep it steady. We're in the mood, We're in the know, Get ready, get set, And here we go!

Verse 1

Gonna pump those lungs, (Ss, ss, ss, ss, ss, ss) Gonna dive in the lake, (Wheeeeeeee – voice slide) Gonna work those tongues, (Stick tongues in and out) Gonna shiver and shake, (Brrrrrrrrrrrrrrrrrrrrrrrrrr).

Then we strike a pose, And make a stand, And we punch the air, With a bold right hand! (Punch air 8 times)

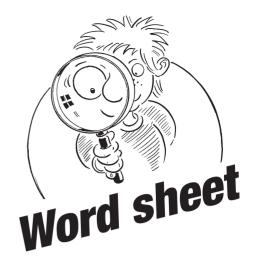
Chorus

Verse 2

Gonna laugh in our boots, (Ho! Ho, ho, ho, ho, ho!) Do a firework show, (VvvVVVVVVVvvv!) Make a face like fruits, (BIG pumpkin, tiny little raisin face!) Let our lasso go, (Yeee-hiiiiiii – Yo!).

Then we strike a pose, And make a stand, And we punch the air, With a bold left hand! (Punch air 8 times)

Chorus



Verse 3

Gonna open our throat, (Ahhhhhhhhhhh) Gonna talk real posh, (Gracious! Do ai really? Eow mai gosh!) Gonna shake, shake, shake, (shake body vigorously) Like a dog in the wash, (Grrrrr --- woof!).

Then we take of the hand, Of the nearest friend, And we take a bow, 'Cos we've reached the end!

Kay Umansky



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