

I get up with the sun *(repeat)*
Because morning has come *(repeat)*
I go to the show today *(repeat)*
Where we learn and sing and play *(repeat)*

Put your hands together, y'all!
Listen up all my Rockers - the day is live!
Before we get into the mix
Let's get our bodies moving,
And sing along, for kicks!

Everybody stand up, stand up with me *(repeat)*
Everybody stand up, stand up with me *(repeat)*
Put your hands up to the sky *(repeat)*
Put your hands up to the sky *(repeat)*
You got to stretch real tall real tall real tall *(repeat)*
You got to stretch real tall real tall real tall *(repeat)*
Now bring them down to the floor to the floor to the floor *(repeat)*
Now bring them down to the floor to the floor to the floor *(repeat)*
Touch those toes! Touch your toes!
Touch those toes! Touch your toes!

Good morning everybody! *(repeat)*
Good morning everybody! Good morning!
Wave to your neighbor! *(repeat)*
Wave to your neighbor! Hey neighbor! What's up?
Give a high 5 to your friend! *(repeat)*
Give a high 5 to your friend! High 5!
It's time to rock!