

Time to get up, stand up too
 'Cause it's time for us to groove
 Rock the day with every move
 Let's go-o

Up, down, side to side
 In, out, left to right
 Bounce, bounce, in the light
 Let's go-o

You're spinning all around
 You're jamming with the sound
 You're flying off the ground
 You go-o
 You go-o
 You go-o
 Never stop—no
 You go.....

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Go!
 Yea, let's shake!
 Yea, let's rock!
 Yea, let's dance more!
 So let's go -
 Get out on the dance floor!

When you move, you feel alive
 Like a plant, you'll grow so high
 Water food and exercise
 Let's go-o

Side to side, wave your hands
 Do your thing, do your dance
 Pop it, lock it, shake your pants
 Let's go-o
 You're spinning all around
 You're jamming with the sound
 You're flying off the ground
 You go-o
 You go-o
 You go-o
 Never stop—no
 You go.....

[CHORUS]

G-O, G-O-oh-oh
 G-O, G-O-oh-oh
 G-O, high, G-O, low
 Here and there, fast or slo-o-ow
 Start your engines, rev it up—go!
 Red light, yellow light, green light—go!
 Pedal to the medal, let's drive, let's go!
 Faster than you kno-o-ow
 Throw the frisbee, catch that ball
 Tag I'm it—I can do it all!
 Fly through the jungle gym
 Catch me if you can
 Watch out I'm on the go again

GO!