

Pump Up the Pattern

Words and Music by Jack Hartmann, copyright 2011 Jack Hartmann

Pump up the pattern, use your arms, use your arms
Pump up the pattern, use your legs, use your legs Chorus
Pump up the pattern, as you move and groove
Pump up the pattern, and do like I do

- A pump your arms up two times, pump, pump
- B pump your arms up three times, up, up, up

Now do the A-B pattern with me

Pump, pump, up, up, up
Pump, pump, up, up, up
Pump, pump, up, up, up
Pump, pump, up, up, up

- A clap your hands high, three times, clap, clap, clap
- B shake your hips wide three times, shake, shake, shake
- C squat your legs down two times squat, squat

Now do the A-B-C pattern with me

Clap, clap, clap, shake, shake, shake, squat, squat
Clap, clap, clap, shake, shake, shake, squat, squat
Clap, clap, clap, shake, shake, shake, squat, squat
Clap, clap, clap, shake, shake, shake, squat, squat

(Chorus)

- A criss-cross your arm two times, criss-cross criss-cross
- B hop up and down three times hop, hop, hop
- C twist left and right two times, twist, twist
- D stretch your arms high one time, stretch

Now do the A-B-C-D pattern with me

Criss-cross, criss-cross, hop, hop, hop, twist, twist, stretch
Criss-cross, criss-cross, hop, hop, hop, twist, twist, stretch
Criss-cross, criss-cross, hop, hop, hop, twist, twist, stretch
Criss-cross, criss-cross, hop, hop, hop, twist, twist, stretch

Pump up the Pattern!