

GROOVE AND BOOGIE

Jump it high, high, high until you reach the sky.
Jump it way down low. How low can you go?
Jump up, jump down, jump around.

Spin up high, high, high until you reach the sky.
Spin down low, low, low. How low can you go?
Spin up, spin down, spin around.

Chorus:

Why don't you groove and boogie.
Groove and boogie woogie with me.
Can you groove and boogie.
Groove and boogie and you'll see.

Hop it high high high until you touch the sky.
Hop it way down low. How low can you go?
Hop up, hop down, hop around.

Chorus

Shake it high, high, high until you touch the sky.
Shake it way down low. How low can you go?
Shake up, shake down, shake around.

Activities:

1. Practice jumping, spinning, hopping and shaking extending body up. Practice the same movements down low.