

1. PUT YOUR GROOVE ON (2:56)

You can wear it like clothes so pull it over your toes.
If you sit in your seat pull it up past your feet.
And if you wanna feel free pull it up to your knees.
Now, don't you be shy, pull it up to your thighs.
Put your groove on - pull it up to your hips.
Put your groove on - bring it way past your waist.
Put your groove on - pull it over your shoulders.
Put your groove on - put your groove on.
Ok, let me check, is it up to your neck?
If you really want to spin, pull it up to your chin.
Grooving up from your toes bring it up to your nose.
Did you hear what I said? Pull it up over your head.
Put your groove on - we can dance all day.
Put your groove on - and the night away.
Put your groove on - pull it up, pull it up, pull it up now.
Put your groove on - and put your groove on.
Oh, I like the way your moving.
I like the way your grooving.

Activity:

Practice "putting your groove on" all the body parts mentioned in the song. Start with the children sitting down and encourage them to move each body part differently. By the end of the song, they should be standing and moving all their body parts.