

My Mama

My Mama told me to tell you to clap your hands
The way that I do. You better do it,
Cause that's what Mama says.

And my Mama told me to tell you to stamp
Your feet the way that I do. You better do it,
Cause that's what Mama says.

My Mama says you better stand up.
My Mama says you better stretch up high.
Come on and do it!
My Mama says you better shake your hips.
My Mama says you better keep on moving.
And you gotta like that!

My Mama told me to tell you to wiggle
Your knees the way that I do. You better do it,
Cause that's what Mama says.
And my Mama told me to tell you to turn your body
The way that I do. You better do it,
Cause that's what Mama says.

My Mama says you better wiggle your nose.
My Mama says you better touch your toes.
Come on and do it!
My Mama says you better dance.
My Mama says you better keep on moving.
And you gotta like that!

My Mama told me to tell you to sit back down
The way that I do. You better do it.
Cause that's what Mama says.
And my Mama told me to tell you.....