

Show Me How You Dance

Performance and Lyrics By: Lori Holton Nash, “Miss Lori”

Produced and Composed By: Ira Antelis

From the album “Music ‘n Movement TOGETHER!”



Show me how you dance now!

Dance now! Dance now!

Bop till you drop, throw your hands in the air.

Shake them up and down like you just don't care.

Move to the rhythm, spin round and round.

Wiggle and shake, just like a clown.

Come on and dance, with me.

Feel the beat in your soul.

Let the music groove you.

Dance

Dance

Bop Bop Bop

Rock Rock Rock

Break the movements down, here we go.

Step together, stomp.

Great, now do it again

Step together, stomp.

This time let's add the jump.

Step together, jump.

Back it up, put them together.

Step together, stomp.

Step together, jump.

Jump, stomp. Jump, stomp.

Moving on with your arms.

Raise your arms up.

Let me see your fingers wiggle.

Bring your arms down.

Shoulders shake and arms should jiggle.

Raise your arms up,

Bring your arms down.

Now spin, spin, spin, spin, spin, spin, spin around.

Now freeze!

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Break the movements down, here we go.

Musical Interlude

Dance

Dance

Bop Bop Bop

Rock Rock Rock

Break the movements down, here we go.

Show me how you dance now!

Dance now! Dance now!

Step to the left, now stomp, stomp, stomp.

Step again and jump, jump, jump.

Raise your arms up then down

Now spin, spin, spin around.

Now freeze!

Grab Your Knees and bounce.

Let's do it again.

Step to the left, now stomp, stomp, stomp.

Step again and jump, jump, jump.

Raise your arms up then down

Now spin, spin, spin around.

Now freeze!

Show me how you dance now!

Dance now! Dance now!

Musical Interlude

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*Bop till you drop, throw your hands in the air.
Shake them up and down like you just don't care.
Move to the rhythm, spin round and round.
Wiggle and shake, just like a clown.*

*You can do the moves now don't be shy
Put your hands together, come on and try.
Listen to the music, groove to the beat
Jump and Stomp, making happy feet.*

Musical Interlude

Here we go!

*Dance, with me.
Feel the beat deep in your soul.
Let the music groove you.
Dance
Dance
Bop Bop Bop
Rock Rock Rock
Break the movements down, here we go.*

*Dance, with me.
Feel the beat deep in your soul.
Let the music groove you.
Dance
Dance
Bop Bop Bop
Rock Rock Rock
We broke the movements down, let's go.*