

Get Up, Get Up, Get Up!

Get up, get up, get up!
Get up, get up, get up!
Get up, get up, get up!
It's time to move! It's time to move!

(claps)

Don't be sleepy, don't be droopy, don't be tired.
Time to find your energy and get inspired.
Time to wake up to the beat.
Time to move your dragging feet.
Let the music and the rhythm get you fired up!

Don't be drowsy, don't be lazy, don't be boring.
Time to open up your eyes and quit your snoring.
Time to wake your sleepy head. Time to get up out of bed.
When you hear that rhythm you will be adoring it! Oh!

part 1:

Get up, get up, get up! Get up, get up, get up!
Get up, get up, get up!
It's time to move! It's time to move! Oh!
Get up, get up, get up! Get up, get up, get up!
Get up, get up, get up!
It's time to move! It's time to move!

(instrumental interlude)

stomps – with gusto!:

L R L R L R L R L R L R L R L R
L R L (clap)

(opt: It's time to move!)

(claps)

Don't be sleepy, don't be droopy, don't be tired.
Time to find your energy and get inspired.
Time to wake up to the beat.
Time to move your dragging feet.
Let the music and the rhythm get you fired up!

Don't be drowsy, don't be lazy, don't be boring.
Time to open up your eyes and quit your snoring.
Time to wake your sleepy head. Time to get up out of bed.
When you hear that rhythm you will be adoring it! Oh!

Get up, get up, get up! Get up, get up, get up!
Get up, get up, get up!
It's time to move! It's time to move! Oh!
Get up, get up, get up! Get up, get up, get up!
Get up, get up, get up!
It's time to move! It's time to move!

Get up, get up, get up! (clap)



part 2 (optional):

Don't be snoozing! Don't be losing!
Get up!
It's time to move! It's time to move! Oh!
Don't be snoring! Don't be boring!
Get up!
It's time to move! It's time to move!

(instrumental interlude)

thigh slaps – also with gusto!:

L R L L R L L R L L R L L R L R L
L R L L R L L R L L R L L R L R L
both both both (clap)

(opt: It's time to move!)

(claps)

Get up, get up! Don't be tired.
Find energy. Get inspired.
Wake to the beat.
Move dragging feet.
Music, rhythm, fired up!

Get up, get up! Don't be boring.
Open your eyes. Quit your snoring.
Wake sleepy head. Get out of bed.
You will be adoring it!

Don't be snoozing! Don't be losing!
Get up!
It's time to move! It's time to move! Oh!
Don't be snoring! Don't be boring!
Get up!
It's time to move! It's time to move!

Get up, get up, get up! (clap)