5...3...2011...Let's Move!!

Whoo!
Clap your hands now!
Jump!

Mission One, let me see you run
Put your knees up in the sky 'cause we just begun
Hey! Hey!
Mission Two, this is how we do
Shuffle, shuffle to right, to the left, Let's Move!
Hey! Hey!
Mission Three, can you dougie with me?
Throw your own little swag on this Swizzy beat
Hey! Hey!
Mission Four, if you ready for more
Jump rope, jump rope, get your feet off the floor
Hey! Hey!

I ain't worried, doing me tonight
A little sweat ain't never hurt nobody
Don't just stand there on the wall
Everybody, just move your body
Move your body
Everybody, won't you move your body?
Hey!

Can you get me bodied? I wanna be myself tonight
Wanna move my body, I wanna let it out tonight
Wanna party, wanna dance
Wanna be myself tonight!
Hey!

Mission Five, come here, let's go
Time to move your little hips, vmonos, vmonos
Hey! Hey!
Mission Six, bring it back real quick
Do the Running Man and then turn around like this
Hey! Hey!
Mission Seven, time to break it down
Step and touch to the dancehall sound
Hey! Hey!
Mission Eight, feel that heart beat race
Snap your fingers, tap your feet, just keep up with this pace
Hey! Hey!

I ain't worried, doing me tonight
A little sweat ain't never hurt nobody
Don't just stand there on the wall
Everybody, just move your body
Move your body
Everybody, won't you move your body?
Hey!

Can you get me bodied? I wanna be myself tonight
Wanna move my body, I wanna let it out tonight
Wanna party, wanna dance
Wanna be myself tonight!
Hey!

Fellas on the floor, all my ladies on the floor
Everybody get ready to Move Your Body!

Baby all I want is to let it go
Ain't no worries, no
We can dance all night
Move your body
That means come closer to me
While we dance to the beat
Move Your Body...

Now run to the left, to the left, to the left
Now run to the left, to the left
Now run to the right, to the right, to the right
Run back to the right, to the right

Now wave the American flag
Wave the American flag
Hey!

Now cool off, cool off

HEY!!!!!!

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