

# Tracks & Lyrics

**DANCE**  
n Beats

## Jump, Sing and Dance Along!

Explore new rhythms, theme-related lyrics, and instruments unique to the featured musical genre of the month. While dancing along to the music, children build coordination and balance as they learn to creatively express ideas through movement.

### Track 1

#### Pizza Dough Boogie

Pizza, pizza dough boogie  
Pizza, pizza dough boogie

Right hand, left hand  
Knead the dough  
Sauce and cheese  
Wiggle jiggle – freeze!

Spread sauce, spread it and boogie  
Spread sauce, spread it and boogie  
Move your hips, let me see it –  
move your hips and boogie

Sprinkle, sprinkle cheese and boogie  
Sprinkle, sprinkle cheese and boogie  
Leg up, leg down, leg up, leg down and boogie

Add mushroom, add mushroom and boogie  
Add mushroom, add mushroom and boogie  
Step side to side, step side to side  
Step side to side and boogie

Pepperoni, pepperoni and boogie  
Pepperoni, pepperoni and boogie  
Slide, slide, slide, slide, slide, slide and boogie

### Track 2

#### Funky Fruit

Do the funky  
The funky fruit  
Do the funky  
The funky fruit

Let me see you do the strawberry shake!  
Banana bend! Bend it!  
Watermelon wave! Let me see you wave!  
Do the kiwi kick! Kick it!



### Track 3

#### Catch and Throw

Catch and throw  
Catch and throw  
The ball comes high  
The ball comes low

Swing the bat  
Run the bases  
Go on, run it

Hey, batter batter! Hear the call  
Swing your bat and hit the ball

A ball comes flying in the air  
Try to catch it if you dare

### Track 4

#### Grow Up

Grow up and disco dance  
Grow up  
This is your chance  
To walk and talk  
And play in your very own way  
So grow up

### Track 5

#### Dairy Disco Dance

Drink milk, eat cheese  
Or yogurt, if you please  
Now you know  
Dairy helps you grow

Dairy, dairy ah - ah dairy  
Do you know it's good for your bones?  
From your head and your nose  
Down to your toes

### Track 6

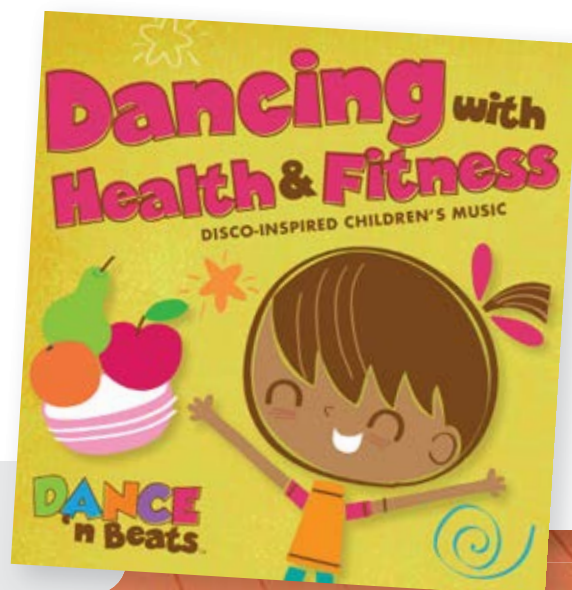
#### Meatball Fall

What happened to you?  
What did I do  
That you made you roll  
Out of my bowl?

Where did you go?  
I just don't know  
I'm tryin' to see  
Where you might be

Meatball  
You roll round and round  
Oh, meatball  
You fall on the ground

On my knees I crawl  
Looking for my meatball  
You have disappeared  
This is what I feared  
Looked under my chair  
You are not there  
I really miss you  
What will I do?  
As I sit back on my seat  
Ask what will I eat?  
Only noodles and sauce  
Because my meatball is lost



**Experience Preschool music is now exclusively streaming.**  
You can find it on Amazon Music, Apple Music, Spotify, YouTube  
and in Member Resources and the [brightwheel](#) app.

### Track 7

#### Eat Broccoli

There is something I ate  
That was green on my plate  
It looked like a tiny tree  
But my mama told me

It's broccoli  
Green broccoli  
Eat broccoli  
And be healthy

I bit off the top  
Then I couldn't stop  
Thinkin' how great it'd be  
To have another broccoli

### Track 8

#### Fruit Salad

All around the fruit salad bowl  
The apple chased the banana  
The apple stopped to cut out his core  
And jump in the fruit bowl

Slice a pear and slice an orange  
Slice a big banana  
Mix it up, enough to share  
Jump in the fruit bowl

### Track 9

#### Keep Movin' and Groovin'

Don't give up  
Keep movin' and groovin'  
Just don't give up

Bounce back, baby  
Just bounce back  
Grab on, don't let go  
Reach and grab, reach and grab!



### Track 10

#### Ready, Set, Go!

Are you ready?  
Take your places  
On your mark, get set, go!  
Slide side to side  
Gallop! Giddy up, now gallop!  
Ahh, take a break! Rest  
On your mark, get set, march!  
Knees high, swing your arms  
Come on, let's jump!  
It's time to run  
You're almost done –  
5,4,3,2,1!

### Track 11

#### We Are Winners

We are winners when we try our best  
We can help each other finish the contest  
Together, hand in hand  
We'll run a good race  
We are all winners  
Whether last or first place!

Oh oh, oh oh

Ay ay, ay ay

### Track 12

#### Balancing Bear

Be a balancing bear  
This is how it goes  
Walk on hands and toes  
To be a balancing bear

Balance on just one foot  
Be very still  
And balance on just one foot

Stretch arms up in the air  
Be very big  
Stretch arms up in the air

Slowly touch your toes  
Be very small  
And slowly touch your toes

Need More Wiggle  
& Giggle Time?

Order a  
**DANCE  
'n Beats**  
DVD and  
Guidebook



New dances delivered every  
month with subscription!

[ExperienceCurriculum.com](http://ExperienceCurriculum.com)

