

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

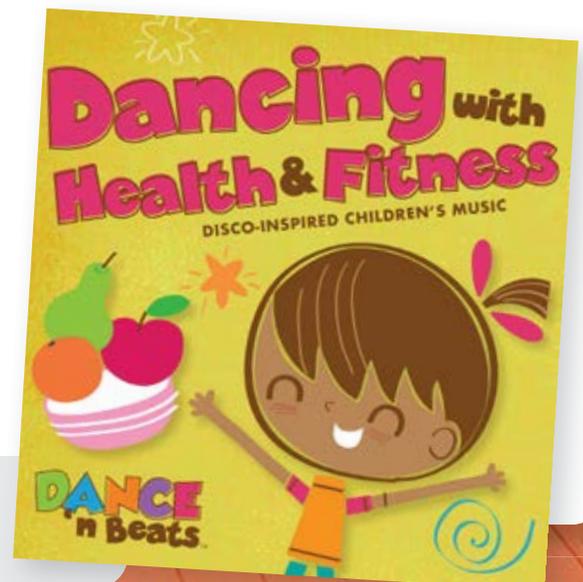
Track 6 Meatball Fall

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



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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

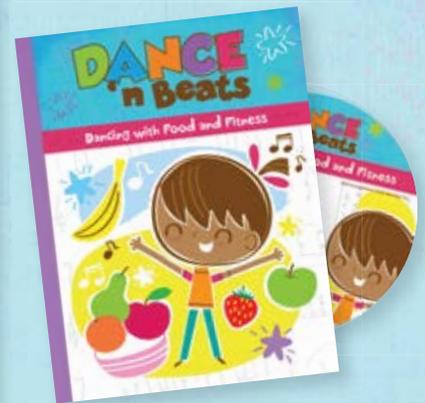
Slowly touch your toes
Be very small
And slowly touch your toes

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