

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

Walk like a Mailman

Walk like a mailman
Walk like a mailman
Walk like a mailman
Time to deliver the mail

Stamp the letter with a postmark
Stamp the letter with a postmark
Stamp the letter with a postmark
Now it's time to deliver the mail

Skip like a mailman
Skip like a mailman
Skip like a mailman
Time to deliver the mail

Sort the letters in the mailroom
Sort the letters in the mailroom
Sort the letters in the mailroom
Now it's time to deliver the mail

Run like a mailman
Run like a mailman
Run like a mailman
Time to deliver the mail

Load the package in the mail truck
Load the package in the mail truck
Load the package in the mail truck
Now it's time to deliver the mail

Walk like a mailman
Walk like a mailman
Walk like a mailman
Time to deliver the mail

Track 2

Stop, Drop and Roll

Stop, drop and roll, I said, stop drop and roll
Fire safety for you and me, stop drop and roll
I see a fire, flames growing higher
Just stop, drop and roll, stop drop and roll
Get down low, as low as you can go
Crawl on the floor, hurry out your door
Girls and boys, don't grab your toys
Just stop, drop and roll, stop drop and roll

Track 3

I'm a Police Officer

I'm a police officer with my star
I help people near and far
If you have a problem, call on me
And I will be there, one, two, three
Yodelay-ee, yodelay-ee, yodelay-ee yodeloo
Yodelay-ee, yodelay-ee, yodelay-ee yodeloo

Track 4

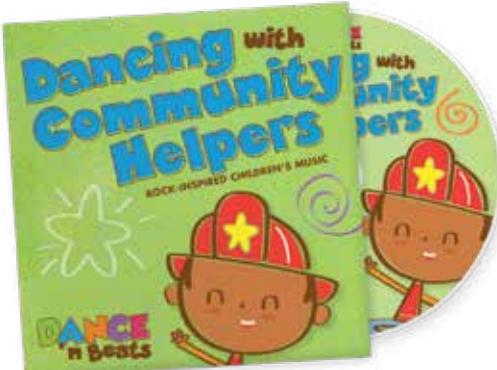
Waiter, Waiter

Waiter, waiter, I'd like some food
So I'll try to not be rude
Waiter, waiter, can't you see
You'll get no trouble from me
I'll wash my hands before I eat
Wishy wash, wishy wishy wash
I chew my food with my mouth closed
Mmm mm mm, mm mm mm mmm
I'll sit and wait, 'til you take my plate
(thank you very much!)

Track 5

Cross the Street

Be careful when you cross the street
Walk, don't run with your feet
Look left, look right,
Hold my hand oh so tight
Be careful when you cross the street
Step one, step two, one two one two
Step one, step two, now you've got it,
Yes you do



Track 6

I Need a Tissue

My nose is runnin' all around
AH-CHOO! What a big big sound
I've got to catch it, it won't stop
I must be sick, I need the doc
Doctor what is wrong with me?
I don't feel good, can't you see

AH-COO, I need a tissue
AH-COO, I need a tissue
La la lala
La la la la

"Little one, you must lay down"
The doctor said with a frown
It's no time to run around
Now go to bed without a sound
My nose is runnin' all around

AH-CHOO! What a big big sound
AH-CHOO, I think I have the flu
AAAAAHHHHH-CHOOOOOO

Track 7

Construction Worker

I'm a construction worker
feelin' fine, rain or shine
Construction worker
I push and pound, makin' a big sound
Construction worker
I drive a big bulldozer, I push the dirt
I pound a heavy hammer, pound the nail
I drive a dirty dump truck, I drop the rocks

Track 8

Keep It Clean

Let's find the trash on the floor
that's what we do
We pick it up, don't leave it there
'cause here's what we do
Go find a trash can, a trash can
that's what we put trash in
Let's find some trash on the grass
that's what we do
We pick it up, don't leave it there
'cause here's what we do

Track 9 Hairdresser Song

Cut a little off the top
Cut a little off the side
Oh look now I see your ears
And no more hair in your eyes

I'm a hairdresser, I cut your hair
Curly straight short or long
Snip snip snip there's a little bit gone

I'm a hairdresser
Feel the buzzer buzz your neck
Feel the blow dry hot and loud
See the hair fall in your lap
One more snip and then you can get down

Track 10 Beanbag Boogie

Let's do the beanbag boogie,
Let's do the beanbag boogie,
Come on sing it with me,
the beanbag boogie

Shake your beanbag to the beat
Shake it high and stomp your feet
Shake your beanbag to the beat
Shake it high and stomp your feet
and do the beanbag boogie

Put your beanbag on your nose
And now touch it to your toes
Put your bean bag on your nose
And now touch it to your toes
and do the beanbag boogie

Balance your beanbag on your hair
And raise your arms up in the air
Balance your beanbag on your hair
And raise your arms up in the air
and do the beanbag boogie

Tuck the beanbag under your chin
And pretend to play a violin
Tuck the beanbag under your chin
And pretend to play a violin
and do the beanbag boogie

Track 11 Mystery Letter

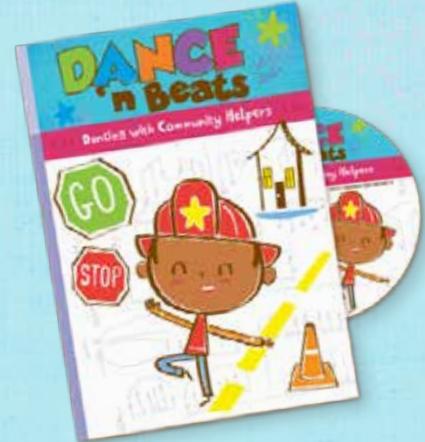
Tip tap tippy tippy tap tap
Typing on my computer
Tip tap tippy tippy tap tap
Writing a mystery letter
C-A-T spells CAT
Can't find my cat
Where is he at
M-A-T spell MAT
There he is
I found him under that

Track 12 Why We Work

Let's work, to make the world a better place
a better place
Let's work, to make the world a better place
a better place
A better place for everyone, little ones
big ones too
Together we can work to make the world
a better place

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