

# 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 this album. While dancing along to the music, children will build coordination and balance as they learn to creatively express ideas through movement.

## Track 1

### I'm Special

Look at me, can you see  
I was made perfectly  
Exactly me

Look at you  
And all you do  
You are different than me  
That's diversity

You and me special, different  
You and me, one of a kind

## Track 2

### In My Pocket

I put my hand in my pocket  
You're never gonna guess what I pulled out  
I put my hand in my pocket  
You're never gonna guess what I pulled out

A pencil, a penny, a piece of pepperoni  
A package, a paddle, and a pail of pink paint  
A peacock, a palm tree, a prickly porcupine  
A panda, a parrot, and a partly peeled peach

A pizza, a plum, and a picked patch of pumpkins  
A pickup, a pigeon, and a pig playing piano  
A pillow, a playhouse, a purple plastic platter  
A pony, a princess, and a pond with a platypus

## Track 3

### Arms Are for Hugging

Spread out your arms  
Wider than the sea  
Open your heart  
It's as simple as can be

Because...  
Arms are for hugging  
When you feel sad  
Arms are for hugging  
They make me glad

## Track 4

### See the Sunshine

I see the sun warming up the sky  
Twirling 'round and 'round, 'round and 'round  
I see the sun warming up the sky  
Twirling 'round and 'round, 'round and 'round

Come on dance like the sun

Whoa oh oh  
Whoa oh oh  
Whoa oh oh oh

I feel the wind blowing through the trees  
Bending side-to-side, side-to-side  
I feel the wind blowing through the trees  
Bending side-to-side, side-to-side

Come on dance like the wind

I hear the thunder rolling over the hill  
Rumbling over and over, over and over  
I hear the thunder rolling over the hill  
Rumbling over and over, over and over

Come on dance like the thunder

I taste the rain, falling on my tongue  
My mouth wide open, open, open  
I taste the rain, falling on my tongue  
Mouth wide open, open, open

Come on dance like the rain

I smell the flowers, reaching up to me  
Petals stretching, stretching, stretching  
I smell the flowers, reaching up to me  
Petals stretching, stretching, stretching

Come on stretch



## Track 5

### Wiggle and Giggle

Wiggle your toes, wiggle your nose  
Then wiggle 'round and 'round  
Wiggle your toes, wiggle your nose  
Then wiggle 'round and 'round

Just wiggle and giggle  
And have a good time  
Wiggle and giggle  
And have a good time

Let me see you  
Touch your eye, then touch your thigh  
Then jump up and touch the sky  
Touch your eye, then touch your thigh  
Then jump up and touch the sky

## Track 6

### Too Hot to Touch

Too, too hot to touch  
Did you hear me now  
Too hot to touch  
Hands off, careful now  
That pan is way too hot to touch

On the stove the pans are hot  
Be careful now it can burn your hand  
Keep your fingers safe

## Track 7

### Dancing Shoes (Instrumental)



## Track 8

### Buttons

I had a brand new shirt  
With three big blue buttons  
I counted them one, two, three  
Then climbed an apple tree

Up, up, up I went  
Pop! Off came my button  
Down, down, down it dropped  
Then hit the ground and stopped.

I had a brand new shirt  
With three big blue buttons  
I counted them one, two, oh dear me!  
I can't see number three

Tiptoe to the left  
Tiptoe to the right  
Yippee, there I see  
Button number three!

## Track 9

### Head, Shoulders, Knees & Toes

Head, shoulders, knees and toes, knees and toes  
Head, shoulders, knees and toes, knees and toes  
And eyes and ears and mouth and nose  
Head and shoulders, knees and toes,  
knees and toes

## Track 10

### Tall Yellow Hat

I've got a tall yellow hat  
A tall yellow hat  
I like to wear it on my head

Take it off  
Spin around  
Wave it high  
Lay it down



## Track 11

### Brush Your Teeth

Brush your teeth, brush your teeth  
Grab the toothpaste tube with a little squeeze  
It's time to brush, your teeth  
Brush your teeth, brush your teeth  
Brush the tops, the sides and underneath  
It's time to brush your teeth

Lemme see ya brush side-to-side, side-to-side  
Side-to-side and side-to-side again  
Lemme see ya brush 'round and 'round,  
'round and 'round  
'Round and 'round and 'round again

Lemme see ya brush up and down, up and down  
Up and down, and up and down again  
Lemme see ya brush 'round and 'round,  
'round and 'round  
'Round and 'round and 'round again

## Track 12

### Counting Sheep

If you want to feel your best,  
take a nice long rest  
Sleep all night long every day,  
then wake up to play  
Sweet child, show us how you sleep  
And count the sheep

One, two, three, four, five, six, seven, eight, nine, ten,  
let's sing again  
One, two, three, four, five, six, seven, eight, nine, ten

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& Giggle Time?

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