

# 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 build coordination and balance as they learn to creatively express ideas through movement.

### Track 1 Climbing Up a Tree

Climbing, climbing up a tree,  
How I wonder what I'll see.  
Branches, leaves, a baby bear,  
Go back down, do not scare!  
Climbing, climbing up a tree,  
How I wonder what I'll see.

Climbing, climbing up a tree,  
How I wonder what I'll see.  
Branches, leaves, a porcupine,  
OUCH! Be careful, pointy spine.  
Climbing, climbing up a tree,  
How I wonder what I'll see.

Climbing, climbing up a tree,  
How I wonder what I'll see.  
Branches, leaves, a frightened cat,  
I'll save you, sit on my hat.  
Climbing, climbing up a tree,  
How I wonder what I'll see.

### Track 2 Building with Wood

The hammer in my hand goes up and down,  
up and down, up and down.  
The hammer in my hand goes up and down,  
I'm building with wood.

The saw in my hand goes forward and back,  
forward and back, forward and back.  
The saw in my hand goes forward and back,  
I'm building with wood.

The sandpaper goes side to side,  
Side to side, side to side.  
The sandpaper goes side to side,  
I'm building with wood.

The seed in my hand  
goes down in the ground,  
down in the ground, down in the ground.  
The seed in my hand  
goes down in the ground,  
I'm planting a tree!

### Track 3 Run to Colors

Run, run, run to red.  
Run, run, run to red.  
Can you touch it with your head?  
Run, run, run to red.

Run, run, run to blue.  
Run, run, run to blue.  
Can you touch it with your shoe?  
Run, run, run to blue.

Run, run, run to yellow.  
Run, run, run to yellow.  
Can you touch it with your elbow?  
Run, run, run to yellow.

### Track 4 One Apple, Two Apples

One apple, two apples,  
three apples, four,  
Five apples, six apples  
falling on the floor.

One apple, two apples,  
three apples, four,  
Five apples, six apples  
rolling to my door.

One apple, two apples,  
three apples, four,  
Five apples, six apples  
crunch...yum,  
ahhh, no more!

### Track 5 Nature Story (Instrumental)

### Track 6 Little Cloud Is Floating By

Little cloud is floating by, floating by,  
Little cloud is floating by, floating by,  
I see you up floating in the sky.  
Little cloud is floating by, floating by.

### Track 7 Flap Your Wings

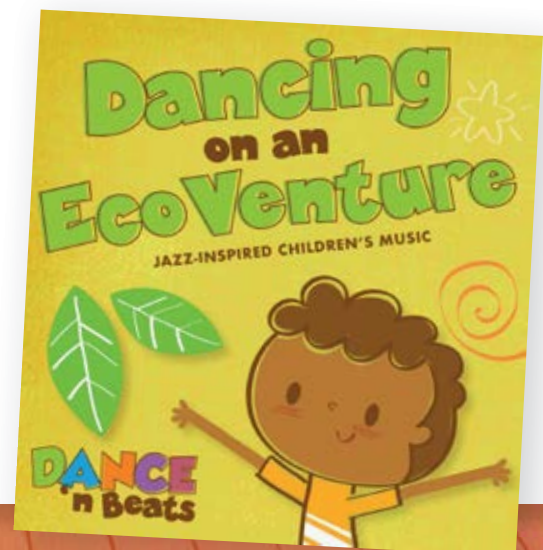
Flap, flap, flap your wings,  
Flap, flap, flap your wings,  
Flap, flap, flap your wings,  
And fly away with me.

Nod, nod, nod your head,  
Nod, nod, nod your head,  
Nod, nod, nod your head,  
And fly away with me.

Shake, shake, shake your tail,  
Shake, shake, shake your tail,  
Shake, shake, shake your tail,  
And fly away with me.

### Track 8 Big, Deep Breath

Can you take a big, deep breath,  
A big, deep breath, a big, deep breath?  
Can you take a big, deep breath,  
Of the clean, fresh air?



## Track 9

### I See a Rainbow

I see a rainbow, way up high.  
I see a rainbow, colors in the sky.  
Red, orange, yellow, green,  
blue, indigo and violet.  
Red, orange, yellow, green,  
blue, indigo and violet.

## Track 10

### Dancing in the Wind (Instrumental)

## Track 11

### Deep and Wide

The Pacific Ocean's deep and wide,  
Deep and wide, deep and wide.  
The Pacific Ocean's deep and wide,  
Can you find it?

The Atlantic Ocean's deep and wide,  
Deep and wide, deep and wide.  
The Atlantic Ocean's deep and wide,  
Can you find it?

The Arctic Ocean's deep and wide,  
Deep and wide, deep and wide.  
The Arctic Ocean's deep and wide,  
Can you find it?

The Indian Ocean's deep and wide,  
Deep and wide, deep and wide.  
The Indian Ocean's deep and wide,  
Can you find it?

## Track 12

### Sink Down Low

The cup in the water floats on top,  
Floats on top, floats on top.  
The cup in the water floats on top,  
Float until you stop.

## Track 13

### Row Your Boat

Row, row, row your boat,  
Quickly down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

Row, row, row your boat,  
Slowly down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

Row, row, row your boat,  
Quietly down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

Row, row, row your boat,  
Loudly down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

## Track 14

### If You're Dirty and You Know It

If you're dirty and you know it,  
Wash your hands.  
If you're dirty and you know it,  
Wash your hands.  
If you're dirty and you know it,  
And you really want to show it,  
If you're dirty and you know it,  
Wash your hands.

If you're dirty and you know it,  
Wash your face.  
If you're dirty and you know it,  
Wash your face.  
If you're dirty and you know it,  
And you really want to show it,  
If you're dirty and you know it,  
Wash your face.

If you're dirty and you know it,  
Wash your knees.  
If you're dirty and you know it,  
Wash your knees.  
If you're dirty and you know it,  
And you really want to show it,  
If you're dirty and you know it,  
Wash your knees.

If you're dirty and you know it,  
Wash your feet.  
If you're dirty and you know it,  
Wash your feet.  
If you're dirty and you know it,  
And you really want to show it,  
If you're dirty and you know it,  
Wash your feet.

## Track 15

### Mix It Up

Salt and water, salt and water,  
Mix it up, mix it up.  
Look and see what happens.  
Look and see what happens.  
Mix it up, mix it up.

Sugar and water, sugar and water,  
Mix it up, mix it up.  
Look and see what happens.  
Look and see what happens.  
Mix it up, mix it up.

Sand and water, sand and water,  
Mix it up, mix it up.  
Look and see what happens.  
Look and see what happens.  
Mix it up, mix it up.



## Track 16

### Dig, Dig

Dig, dig, dig in the dirt,  
Dig, dig, dig in the dirt,  
Dig, dig, dig in the dirt,  
Now jump into the hole.

## Track 17

### Draw a Shape

Draw a circle, draw a circle,  
In the dirt, in the dirt.  
Draw it with your finger,  
Draw it with your finger,  
Draw a circle, draw a circle.

Draw a triangle, draw a triangle,  
In the dirt, in the dirt.  
Draw it with your nose,  
Draw it with your nose,  
Draw a triangle, draw a triangle.

Draw a square, draw a square,  
In the dirt, in the dirt.  
Draw it with your toes,  
Draw it with your toes,  
Draw a square, draw a square.

## Track 18

### Stomp the Beat

Stomp, stomp, stomp around,  
Make a pattern sound.  
Stomp your feet,  
Copy the beat,  
Stomping on the ground.

## Track 19

### Do You Know the Little Mole?

Do you know the little mole  
The little mole, the little mole?  
Do you know the little mole  
Who lives underground?

Do you know the little fox  
The little fox, the little fox?  
Do you know the little fox  
Who lives underground?

Do you know the prairie dog  
The prairie dog, the prairie dog?  
Do you know the prairie dog  
Who lives underground?

## Track 20

### The Mud in My Hands

The mud in my hands goes  
squish, squish, squish  
Squish, squish, squish,  
squish, squish, squish.  
The mud in my hands goes  
squish, squish, squish,  
I love to play outside.

The mud in my toes goes  
squish, squish, squish  
Squish, squish, squish,  
squish, squish, squish.  
The mud in my toes goes  
squish, squish, squish,  
I love to play outside.

## Track 21

### Mud

There's mud in the field  
'cause it rained last night.  
Yup, there's mud in field all right.  
There's mud in the field  
and it's calling my name,  
Playing in the mud is my favorite game.

Mud, mud, mud,  
Squish in the mud.  
Mud, mud, mud,  
Having fun in the mud.

## Track 22

### Roots

Do you know where the roots grow?  
Down under the ground,  
Down, down, down.

You gotta have roots to stand tall, tall, tall  
So you don't fall, fall, fall.  
You gotta have roots

You can't see the roots of a tree,  
But roots are the key to be strong and healthy.

Now you know where the roots grow.  
Down under the ground  
Down, down, down.



## Track 23

### Cloud Shapes

On my back I lie and look up to the sky,  
So many fluffy shapes I see  
Float in front of me.

Look there goes a circle, bouncing like a ball,  
Spinning like a wheel, it's a circle cloud.

Look it's a triangle, like a sailboat sail,  
Floating on the blue, it's a triangle cloud.

Look it's a square, like a book's cover,  
Opening for a story, it's a square cloud.

## Track 24

### Thank You

Thank you for the water;  
thank you, oh thank you.  
Thank you for the water; thank you.

Thank you for the trees;  
thank you, oh thank you.  
Thank you for the trees; thank you.

Thank you for the air;  
thank you, oh thank you.  
Thank you for the air; oh thank you.

Thank you for the water,  
Thank you for the trees,  
Thank you for the air I breathe,  
Thank you.

## Track 25

### Mother Goose Time Theme

It's Mother Goose Time, Mother Goose Time  
Clap your hands and say,  
It's Mother Goose Time, Mother Goose Time  
We're learning every day.

It's a brain game with a bookworm  
A math puzzle and tunes and twirls.  
Writer's workshop and art studio,  
A ton of fun for boys and girls.

We're gonna read and write  
and paint and sing,  
Jump and count and explore everything.

# DANCE 'n Beats

## More summer fun!

If you want to keep up the dance party this summer, check out our website for one of the many DVDs available in the Dance 'n Beats program.



“Dance 'n Beats is an awesome DVD and workbook set. Every time we turn it on, we can't get away with dancing to any less than five songs!”

TRACY customer and blogger, [dandelioninherhair.blogspot.com](http://dandelioninherhair.blogspot.com)



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