

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

Track 1 Watch Me Grow

Watch me grow
Sometimes fast, sometimes very, very slow

I may be just a sprout
But I have no doubt
I will grow, grow, grow

Sun and water
Is all I need
To grow up
From my tiny little seed

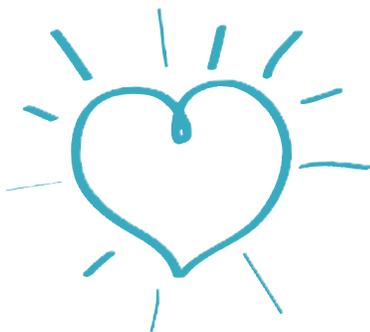
Track 2 Rabbit Hop

R-A-B-B-I-T, R-A-B-B-I-T
Spells rabbit, rabbit

Can you be a rabbit?
Can you hop front to back
Hop, hop, hop, hop
Can you be a rabbit?

Can you be a rabbit?
Can you kick side-to-side
Kick, kick, kick, kick
Can you be a rabbit?

Can you be a rabbit?
Can you twitch your nose and twirl around
Twitch, twirl, twitch, twirl
Can you be a rabbit?



Track 3 Peas in a Pod

One little pea, sittin' in a pod
Feelin' quite lonely

Then another pea
Gives a little nod
Jumps in the pea pod

Two little peas, sittin' in a pod
Feelin' less lonely

Three little peas, sittin' in a pod
Feelin' pretty happy

Four little peas, sittin' in a pod
Happy all together

Five little peas, squeezin' in a pod
Feelin' very crowded
Then the pea pod POPPED!

Track 4 Picking Produce

Bend low, tomato
Bend low, tomato
Pick it off, tomato
Pick it off, tomato

High, high, corn cob
High, high, corn cob
Grab it down, corn cob
Grab it down, corn cob

Dig deep, potato
Dig deep, potato
Pull it out, potato
Pull it out, potato

Bend low, tomato
High, high, corn cob
Pull it out, potato
Pull it out, potato

Track 5 Hot Potato

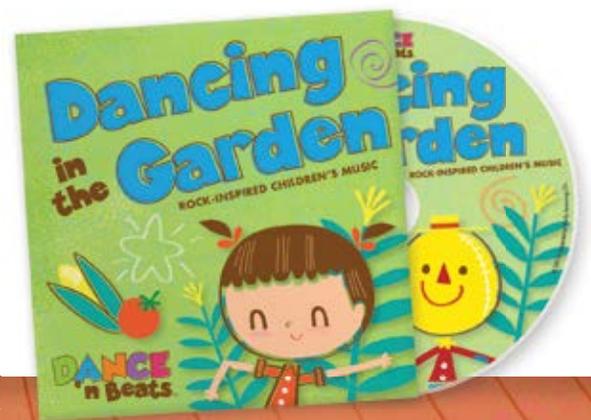
What can we do with a hot potato
What can we do, wow, it's hot
What can we do with a hot potato
Ooo, ahh, ooo it's hot

Toss it high, watch it fly
Toss it high, don't let it drop
Toss it high, let it fly
Hot potato

Squish and mush, mash it up
Squish and mush, nice and soft
Squish and mush, mash it up
Mashed potato

Track 6 Carrot Top Pop

Look at that carrot top
Growing in your garden spot
Grab it real tight
And pull it 'til it pops
Pullin' up a carrot
Growin' in the ground
Right there in the dirt
Is where a carrot's found
Pullin' up a carrot
You pull it 'til it pops
And when you see the pointy part
The pullin's gotta stop
Pull it, pull it, pull it, pull it, pull it,
Pull it, pull it, pull it



Track 7 Tears Roll Down

Tears roll down
On your cheek
When you cut an onion

Roll down, roll down
Tears roll down

Don't you cry
There's nothin' inside
When you cut an onion

Anybody got a tissue?

Track 8 Sweet Potato

Well, get down
To the root
Find the truth
It's something sweet

Oh, sweet potato
Sweet, sweet truth, sweet potato

It'll feed
Your soul
Make you whole
Oh, speak the truth
Oh, sweet potato

Sweet, sweet truth, sweet potato
Sweet, sweet truth, sweet potato
Sweet, sweet truth, sweet potato

Track 9 Wiggle Worm

Five little wiggle worms
Watch us wiggle around
Then one digs a hole
And wiggles underground
Oh wiggle, wiggle, wiggle, wiggle
Worm
Four little wiggle worms...

Three little wiggle worms...

Two little wiggle worms...

I am a wiggle worm
Watch me wiggle around
Let's go find our friends
Now we're all wigglin' underground

Track 10 Scarecrow Scare (Instrumental)

Track 11 Flower Blooming

Little flower's growing very slowly
She needs water, air
And sun to grow
Growing slowly
Growing slowly
Growing takes time, I know

Little flower pops up her stem
Reaching her leaves through the ground
Without a sound
Opening petals, opening petals

Little flower gives us her beauty
The first sign of spring we see
In the wind, her bright yellow
Waving hello

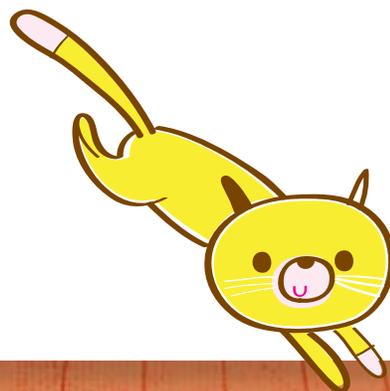
Track 12 Snail Speed

Life is not a race
Slow down your pace
Everything will work out fine
Do your best and take your time

Snail speed
If that's what you need
Go snail speed, snail speed

Movin' oh so slow
Sometimes that's how it goes
Don't you rush and don't you hurry
Take a deep breath and don't worry

Go snail speed, snail speed



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