

# 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 lala

"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

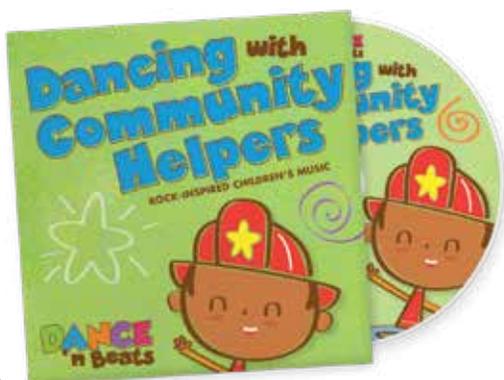
AH-CHOO! What a big big sound  
AH-CHOO, I think I have the flu  
AAAAAHHHHH-CHOOOOO

### 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

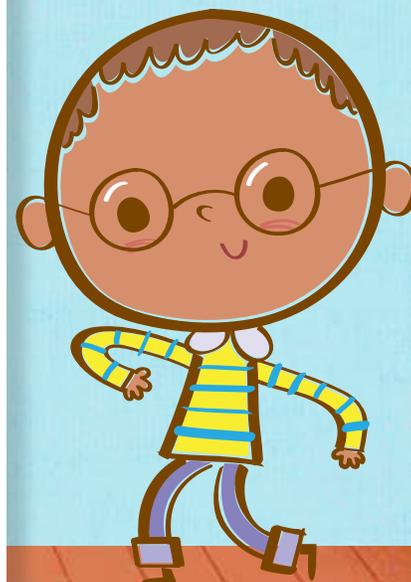


## Track 11 Mystery Letter

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

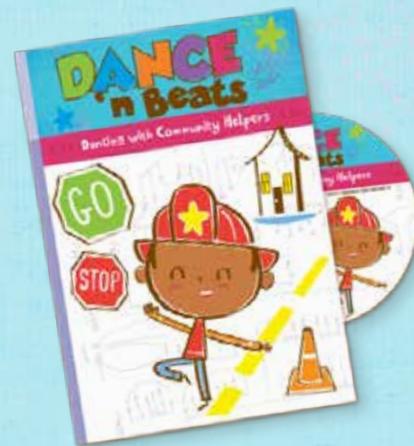
## Track 12 Why We Work

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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