

Dana's Best Jump & Jam Tunes

All songs written by Dana Cohenour © 2017 (*except where noted)

JUMP AND JIVE

Here's a little dance called the Jump and Jive
 (Jump, jump, jump and jive)
 It'll flip your slipper by the count of five
 (One, two, three, four, five!)
 All the busy bees are comin' out of their hive
 (Buzz, buzz, buzz and jive!)
 To do the jump, jump, jump and jive

CHORUS:

Juuuummp! Jump and jive!
 Juuuummp! Jump and jive!
 Put your shoes in overdrive
 And do the juuuummp! Jump and jive!

Get your hands clappin' to the beat
 (Clap, clap, clap, clap, clap)
 Twist, twist, twist, baby twist your feet
 (Twist, twist, twist your feet)
 Point your fingers, take a dive
 (Point point, take a dive)
 And do the jump, jump, jump and jive

CHORUS

Hoppin' around like a boppin' bunny
 (Hop, hop, hop and bop)
 All my moves are sweet as honey
 (Hop, hop, hop and bop)
 All the kangaroos wanna borrow my shoes
 (Jump, jump, jump and jive)
 'Cuz this little jive just lights my fuse!

CHORUS

WIGGLE WORKOUT

CHORUS:

Hey, everybody! It's time to workout!
 Healthy and strong, that's what we're about
 Gotta take care of our bodies, 'cuz we've only got one
 Let's get our muscles movin' and have some fun!

Get the party started with a run in place
 C'mon—you can do it with a smile on your face
 Put the pedal to the metal, pick up the pace
 We gotta run fast if we're gonna win the race

Jill got up the hill 'cuz she did jumpin' jacks
 In and out jumps, ain't no time to relax!
 We need to work off those mid-morning snacks
 Move a little faster, take it to the max

CHORUS

Touch your elbow to your opposite knee
 Now wave your arms like you're shooin' a flea
 Stretch up tall as an evergreen tree
 Flap your wings like a buzzin' bumble bee

BRIDGE:

Woo! Woo! Let's wiggle while we workout!
 Woo! Woo! Let's wiggle while we workout!
 Choo! Choo! Spin your wheels!
 C'mon everybody, tell me how good this feels!

Let's take a breather, you know I'm older than you!
 Workin' out gets sweaty and maybe smelly, too!
 But that's OK, we're getting healthy as can be
 We eat things that are green, we even drink green tea!

March, march, march! Bring your knees to your chest
 We've got lots of time later when we can rest
 Hop side to side, put your body to the test
 Doesn't matter if we're perfect, we just do our best

BRIDGE

CHORUS

BARNYARD HOEDOWN

Last Saturday night, down on the farm
 There was hootin' and hollerin', cause for alarm
 I ran to the barn to take a look see
 And find out what the fuss might be

The barn was shakin' as I peeked in the door
 Animals were dancin', stompin' the floor
 Hay was flyin', and what do you know?
 The rooster was playin' an old banjo!

Cows were in line, coupled in pairs
 Swinging in circles, dancin' in squares
 The barn owl gave a hoot and holler...
 Turns out he was a square dance caller! (Whooo knew?!)

CHORUS:

He said, "Whooo's your partner? Do si do
 Swing your partner, to and fro
 Promenade right outta town
 It's a mooin', whooin', cockadoodledooin' (mooin',
 whooin', cockadoodledooin'
 Barnyard hoedown!" (Hoedown!)

The pigs and chickens joined the line
 For poultry and swine, they danced just fine
 Owl yelled, "Now, weave the ring!"
 Everyone else said, "What's that mean?"

The horse and donkey were kickin' their hooves
 Makin' some pretty fancy moves
 With a bray and a neigh, and a left sashay
 They took a break for a bite of hay

CHORUS:

Owl yelled, "Whooo's your partner? Do si do
 Swing your partner, to and fro
 Promenade right outta town
 It's a neighin', brayin', oinkin' and a cluckin, mooin',
 whooin', cockadoodledooiin' barnyard
 hoedown!" (Hoedown!)

The dog and the sheep jumped right in
 With a whirl and a twirl and a wild spin
 The duck and goose really let loose
 Dancing on top of a giant moose (A moose?! A moose!)

CHORUS:

Owl yelled, "Whooo's your partner? Do si do
 Swing your partner, to and fro
 Promenade right outta town
 It's a squawkin', quackin', barkin' and a baaain', neighin',
 brayin', oinkin' and a cluckin, mooin',
 whooin', cockadoodledooiin' barnyard hoedown!"
 (Hoedown!)

I was standing there watching this crazy fray
 When the goose took a gander over my way
 She squawked, "Who are you? Were you invited?
 Well, come on in! We'd be delighted!"

CHORUS:

Owl yelled, "Whooo's your partner? Do si do
 Swing your partner, to and fro
 Promenade right outta town
 It's a squakin', quackin', barkin' and a baaain', neighin',
 brayin', oinkin' and a cluckin, mooin',
 whooin', cockadoodledooiin' barnyard hoedown!"
 (Hoedown!)

DO MY PART

Everybody look around, there's lots of things to do
 We've gotta clean up this mess we made, it's up to me
 and you
 If every person does a little, big things will get done
 So let's all come together, there's a job for everyone

CHORUS: (repeats twice)

I'm gonna do do do my part
 I'm gonna do do do my share
 I'm gonna show the world
 How much I care

When you see there's something that is needing to be
 done

Jump right in and get it started, why not be the one
 To be the first to lend a hand and make our world a
 better place
 Leave things better than you found them, leave behind
 no trace

CHORUS

We rinse and recycle bottles and cans and all our paper,
 too
 We find a way to re-use things and make them
 something new
 To make our soil rich and fertile, scraps go in the
 compost pile
 It's these little things we do that make our planet smile

CHORUS

JUMPING BEANS

Hola! I'm a little jumpin' jumping bean
 I'm a little jumping bean
 I sit around 'till I get hot
 Then I jump a lot!

I'm a little jumpin' jumping bean
 I'm a little jumping bean
 I hip, hop, flip and flop
 When I cool down I stop

BRIDGE:

If you put me in your hand
 And hold me for awhile
 I'll heat right up and start to dance
 In my rockin', rollin' style

I'm a little jumpin' jumping bean
 Will you jump with me?
 We're heating up, we're feeling hot
 It's time to jump a lot!

We are little jumpin' jumping beans
 We're bouncing bean machines
 We're cooling down- just one more pop
 'Cuz now it's time to stop! (Alto!)

BRIDGE

Si! Nos gusta brincar
 Yes! We like to jump!
 Muy caliente, very hot!
 Now it's time to jump! (Brinca!)

Si! Nos gusta brincar
 Yes! We like to jump
 Enfriandonos! Cooling down!
 Now it's time to stop! (Alto!)

BRIDGE

We are little jumpin' jumping beans
 Now it's time to jump! (Brinca!)
 Frijolitos saltarines
 Now it's time to stop! (Alto!)

We are little jumpin' jumping beans
 Now it's time to jump! (Brinca!)
 Frijolitos saltarines
 Now it's time to stop! (Alto!)

And now it's time to jump! (Brinca!)
 And now it's time to stop! (Alto!)
 And now it's time to jump! (Brinca!)
 And now it's time to stop! (Alto!)
 And jump! (Brinca!)
 And stop! (Alto!)
 And jump! (Brinca!)
 And stop!

FIVE GREEN & SPECKLED FROGS

***Traditional; Arrangement by Dana Cohenour**

Five green and speckled frogs,
 Jumped on a speckled log
 Eating some most delicious bugs (Yum! Yum!)
 One jumped into the pool
 Where it was nice and cool
 Then there were four green speckled frogs

Verses repeat, 4, 3, 2, 1...

Then there were no green speckled frogs...
 No frogs!
 No frogs?
 No frogs.
 Are you sure?
 No frogs.
 No even one?
 No frogs.
 Oh...
 Ribbet! Frog!!!

GRANDMA'S KITCHEN BAND

My Grandma's as cool as they come
 She can play the fiddle and bang a drum
 She can give her banjo a serious strum
 While she's blowin' bubbles with her chewin' gum

When I was little, I didn't have a fiddle
 But Grandma found a way for me to play

She got out her metal mixing bowl
 Gave me a spoon and said, "Rock and roll!"

CHORUS:

Grab a pot, grab a pan
 Find a wooden bowl or an old tin can
 Bang it with a spoon, bang it with your hand
 We're cookin' up fun in Grandma's kitchen band

When I'd visit, I was always hopin'
 Grandma's cupboards would soon be open
 "Looky here! Look what I found!" She'd say,
 "Lots of things here to make a musical sound... let's pound!"

CHORUS

Put bells on your feet and stomp on a cookie sheet
 Pick up a stick and pound out a beat
 Grandma's kitchen is such a treat
 That sometimes we even forget to eat

3rd & 4th CHORUS:

Open up your cupboards, see what you can find
 Just be sure your Mama don't mind!
 Bang it with a spoon, bang it with your hand
 We can all play in Grandma's kitchen band!

LAST CHORUS:

Grab a pot, grab a pan
 Find a wooden bowl or an old tin can
 Bang it with a spoon, bang it with your hand
 We're cookin' up fun in Grandma's kitchen band

FOLLOW THE LEADER

Can you hop, hop like a bunny?
 (Hop, hop like a bunny)
 Jump like a kangaroo?
 (Jump like a kangaroo)
 Can you waddle like a penguin?
 Show me what you can do!

Can you fly like a bird in the sky?
 (Fly like a bird in the sky)
 And tweet a happy song?
 (Tweet a happy song)
 Flap your wings like a butterfly
 Listen and follow along!

CHORUS:

Follow the leader
Copy what you see
Follow the leader
What animals can we be?

Can you squiggle like a squid?
 (Squiggle like a squid)
 Can you swim, swim like a fish?

(Swim, swim like a fish)
 Can you gallop like a pony?
 And give your tail a swish

Can you dance like a funky monkey?
 (Dance like a funky monkey)
 Now buzz, buzz like a bee?
 (Buzz, buzz like a bee)
 Can you pose like a pink flamingo?
 With one foot on your knee

CHORUS

Can you stomp like a bear?
 (Stomp like a bear)
 Dig, dig, dig like a mole?
 (Dig, dig, dig like a mole)
 Can you wiggle, wiggle like a worm?
 And hide inside your hole

Can you open and close like a clam?
 (Open and close like a clam)
 And snap like a crocodile?
 (Snap like a crocodile)
 Can you lurk like a shark?
 And show me your best smile

CHORUS

Can you pounce like a tiger?
 (Pounce like a tiger)
 Like a lizard, take a leap
 (Take a lizard leap)
 Can you be quiet as a little mouse?
 It's time to fall asleep... Wake up!!

CHORUS

Follow the leader
Look what you can do!
Follow the leader
Next time, I'll follow you!

LEGS

I walk the planet on 2 legs
 I walk the planet on 2 legs
 I can stand up straight and tall
 I get around, get around, get a...
 I get around on 1, 2... 2 legs!

Horses trot the planet on 4 legs
 Horses trot the planet on 4 legs
 They can gallop, prance and jump
 They get around, get around, get a...
 They get around on 1 2 3 4 legs!

Ants march the planet on 6 legs
 Ants march the planet on 6 legs
 Though they're small, heavy loads they can haul

They get around, get around, get a...
 They get around on 1 2 3 4 5... 6 legs!

CHORUS:

We've all got a way to get from here to there
 Everywhere you look, somebody's goin' somewhere
 The Earth is moving, yeah-- everybody's groovin'
 So get up on your feet, and get around!

A spider creeps the planet on 8 legs
 A spider creeps the planet on 8 legs
 She can scurry in a hurry to weave her web
 She gets around, gets around, gets a...
 She gets around on 1,2,3,4,5,6,7,8 legs!

Lobsters crawl the planet on 10 legs
 Lobsters crawl the planet on 10 legs
 Even in the ocean, everyone's in motion
 Lobsters get around, get around, get a...
 They get around on 1,2,3,4,5,6,7,8,9,10 legs!

CHORUS

Centipedes walk on... a lot of legs!
 Centipedes walk on... a lot of legs!
 If you see one on the wall, please... don't give me a call!
 They get around, get around, get a...
 They get around on more than a hundred... a whole lotta legs!

Others roam the planet on no legs!
 Others roam the planet on no legs!
 Fish swish, birds flap, snakes slither by
 They get around, get around, get a...
 They swim around with, they fly around with, they wind around with...
 Somehow they get around with... no legs!

CHORUS: (2X)

We've all got a way to get from here to there
 Everywhere you look, somebody's goin' somewhere
 The Earth is moving, yeah everybody's groovin'
 So get up on **your** feet, and get around!

FISH TALE

I headed out to the lake one day
 Got in my boat and paddled away
 Took a picnic lunch and my favorite pole
 To my lucky fishin' hole

I baited my hook and cast my line
 Dreamed of dinner but there was no sign
 Of a nibble or a bite or the slightest crunch
 So I put down my pole and got out my lunch

CHORUS 1:

I sang, "Here fishy, here little fish

Hey fish, please grant my wish
 I'll share with you a bit of my lunch
 Come on over and have a munch
 Here fish, here little fish
 Please, fishy grant my wish!
 Come on over and take a bite,
 If you do, I'll have dinner tonight!"

All of a sudden I heard a splash
 And saw a shining shimmery flash
 To my surprise, an enormous trout
 Tugged at my pole and started to shout

CHORUS 2:

"Hey, over here! I'm a big fish
 I'm a fish who can grant your wish
 I could use a snack or two
 Your box of crackers, that'll do!"

In a blink of an eye, he jumped in the boat
 And opened up his fishy throat
 He grabbed my crackers with a giant bite and said
 "Thanks to you, I won't need dinner tonight!"

In a wet split second, he was out of sight
 I sat there thinkin', "Now that ain't right!"
 I reeled in my line, put down my pole
 And paddled to my other fishin' hole

The sun was hot, there was 'nary a breeze
 So I took a break and got out my cheese
 I put a piece on my hook for bait
 Cast my line, and started to wait

REPEAT CHORUS 1

Then, again I heard a splash!
 And saw that shining shimmery flash
 There he was, without a doubt
 That very same enormous trout!

CHORUS 2:

"Hey, over here! I'm a big fish
 I'm a fish who can grant your wish
 I don't offer guarantees,
 But if you please, I'll take that cheese!"

In a blink of an eye, he jumped in the boat
 And opened up his fishy throat
 He grabbed my cheese with a giant bite and said
 "Thanks to you, I won't need dinner tonight!"

Hey, fish! Don't you know?
 This is not how it's supposed to go!
 I paddled fast to the end of the lake
 And got out my piece of chocolate cake

No fish is gonna steal my treat
 I'd better go ahead and eat
 But just as I began to bite
 That trout gave me another fright!

CHORUS 2:

"Hey, over here! I'm a big fish
 I'm a fish who can grant your wish
 You asked me to come and take a bite
 Well, it's my pleasure! My delight!"

In a blink of an eye, he jumped in the boat
 And opened up his fishy throat
 He grabbed my cake with a sneaky smile and said
 "Thanks to you, I won't need dinner for awhile!"

Hey, fish! Now that's not fair!
 I paddled fast to get outta there
 But I glanced to the right on the starboard side,
 And there was that trout, stealing a ride!

CHORUS 1:

I sang, "Hey fishy, hey big fish
 Hey fish, please grant my wish
 Find another place to munch
 'Cuz you have eaten all my lunch!"

SHAKIN' THINGS UP

I like to shake my egg
 I like to shake my egg as fast as I can go
 I like to shake my egg
 I like to shake it up high, I like to shake it down low

I like to shake my egg
 I like to shake my egg while I'm shakin' my leg
 I like to shake it over there
 I like to shake it over here and then shake it everywhere

CHORUS:

Let's shake things up, let's shake 'em all around
 Shake it to the sky, shake it to the ground
 Shake it to the left, shake it to the right
 We never want to stop, we're gonna shake it all night

I like to tap my egg
 I like to tap my egg and then give a little clap
 I like to roll my egg
 I like to roll my egg and then drop it in my lap

CHORUS

I like to shake my head
 I can shake my head "yes", I can shake my head "no"
 I'd like to shake your hand
 Let's shake hands and say, "Hi! Hello!"

CHORUS (2X)

I LOVE MOMMY

I love Mommy, with all of my heart
I love Mommy, with all of my heart
I love Mommy, with all of my heart
I love her more than she'll ever know

I love Daddy, with all of my heart
I love Daddy, with all of my heart
I love Daddy, with all of my heart
I love him more than he'll ever know

I love Grandma, with all of my heart
I love Grandma, with all of my heart
I love Grandma, with all of my heart
I love her more than she'll ever know

I love Grandpa, with all of my heart
I love Grandpa, with all of my heart
I love Grandpa, with all of my heart
I love him more than he'll ever know

I love my family, with all of my heart
I love my family, with all of my heart
I love my family, with all of my heart
I love them more, and more, and more than they'll ever
know