© Copyright ESL KidStuff back ESLKidStuff.com right left forward touch the ground turn around turn to turn to the right the left sit down stand up jump clap your

hands

© Copyright ESL KidStuff back ESLKidStuff.com right left forward touch the ground turn around turn to turn to the right the left

jump

clap your hands

sit down

stand up

Are you ready?



Jump to the left, Jump to the right, Jump forward, And jump back.

Jump to the left, Jump to the right, Jump forward, And jump back.





Turn around and touch the ground, Turn to the left and turn to the right. Turn around and touch the ground, Turn to the left and turn to the right.

Verse 1:



Chorus

Verse 2:



Sit down and stand up,
Jump up and down and clap your hands.
Sit down and stand up,
Jump up and down and clap your hands.



Are you ready?



Jump to the left, Jump to the right, Jump forward, And jump back.

Jump to the left, Jump to the right, Jump forward, And jump back.





Turn around and touch the ground, Turn to the left and turn to the right. Turn around and touch the ground, Turn to the left and turn to the right.



Chorus

Verse 2:

Sit down and stand up,
Jump up and down and clap your hands.
Sit down and stand up,
Jump up and down and clap your hands.





