

STAND UP SIT DOWN

**STAND UP STAND UP
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND TURN AROUND
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**

**PUT ONE HAND UP
OUT ONE HAND DOWN
PUT TWO HANDS UP
PUT TWO HANDS DOWN
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**

**JUMP JUMP JUMP
HOP HOP HOP
RUN RUN RUN
STOP STOP STOP
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**

LET'S SING IT ONE MORE TIME

**STAND UP STAND UP
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND TURN AROUND
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**

**PUT ONE HAND UP
OUT ONE HAND DOWN
PUT TWO HANDS UP
PUT TWO HANDS DOWN
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**

**JUMP JUMP JUMP
HOP HOP HOP
RUN RUN RUN
STOP STOP STOP
SIT DOWN SIT DOWN
STAND UP STAND UP
TURN AROUND (3)**