

# Beastie Boys, Body Movin' (Fatboy Slim Remix)

"Ready one, you will do this four times with the left  
four with the right then eight times with both, then repeat"

Ah..clap your hands..

Body movin' body movin'  
A1 sound' sound so soothing  
Body movin' body movin'  
We be getting down and you know we're crush groovin'

Now let me get some action from the back section  
We need body rockin' not perfection  
Let your back bone flip but don't slip a disc  
And let your spine unwind just take a risk  
I wanna' do the freak until the break of dawn  
Tell me party people is that so wrong  
The ship is docking inter-lockin  
And up-rockin' electro-shocking  
We're getting down computer action  
Do the robotic satisfaction  
Now all of y'all ah get off the wall  
Have a ball and get involved with

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"Stand erect, arms down. Swing left arm big same with the right"

Flame on, I'm gone  
I'm so sweet like a nice bon bon  
Came out rapping when I was born  
Mom said rock it 'til the break of dawn  
Puttin bodies in motion 'cause I got the notion  
Well like Roy Cormier with the coconut lotion  
The sound of the music makin' you insane  
You can't explain to people this type of mind frame  
And like a bottle of Chateau Neuf Du Pap  
I'm fine like wine when I start to rap  
We need body rockin' not perfection  
Let me get some action from the back section

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"Left arm ready and one, and again, stand erect"

Mike D huhaa with the master plan  
I said ooh my my and thank you ma'am  
And when I grab the mic you scream Ooh god damn  
The creme de la creme is who I am  
MCA where have you been  
Packed like sardines in the tin..tin  
So kick off your shoes and put on your swim fins  
'Cause when it comes to quarries I'm known to swim  
And Adrock light up the place  
And if you pull my card you pull the ace  
And if you ask me turn up the bass  
And if you play defender I could be your hyper space so

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"You will do eight hops on the left, eight on the right  
Four left four right, two left, two right, the one each  
Left right, left right. Start and land on the balls of the feet  
Left foot, ready it's one two three four five"