

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
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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"