

Yellow Magic Orchestra, Taiso

Mae e narae
Migi muke migi
Hidari muke hidari
Yasume
Ki o tsuke
Maware migi
Buruma
Torepan
Toreshatsu
Hachimaki
Ude o mune no mae ni agete
Keiren no undo
Raise your arms (up) above your head
Bring them down to shoulder height
Keep them straight and bend your elbows
Let your arms hang loosely down
With your back turned to the sunshine
Bend your body from the waist
Swing your arms right and left
And before you know it you'll be
Twitching
Ryote o agete
Sono te o yoko ni
Daiichi kansetsu chikara o nuite
Karada o taoshite
Sayu ni futte
Mo hitotsu omake ni mata futte
Keiren no undo
Taiso taiso minna genki ni
Keiren keiren keiren keiren...