

Move Your Dancing Feet

By Frank Leto

Feet, feet, move your dancing feet.
Dancing fast or slow to and fro, ev'rybody move your feet!
Feet, feet, move your dancing feet.
Move them side to side, front to back, everybody move your feet!

Hips, hips, move your dancing hips.
Dancing up and down, all around, everybody move your hips!
Hips, hips, move your dancing hips.
Move them fast or slow, to and fro, everybody move your hips!

Arms, arms, move your dancing arms.
Dancing side to side, front to back, everybody move your arms!
Arms, arms, move your dancing arms.
Move them up and down, all around, everybody move your arms!

Head, head, move your dancing head.
Move it fast or slow, to and fro, everybody move your head!
Head, head, move your dancing head.
Move it side to side, front to back, but move you dancing head!

Feet, hips, arms, and head!
Dancing all together, all together, moving all together now!
Feet, hips, arms, and head!
Move that body, move that body, all together now!

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**Actions: The "body parts" in this song may be easily adapted to unique circumstances such as confined spaces and to participants with special needs. Move your eyes, fingers, nose, wrists, etc...*