

# Ron Albanese

## POLKA DOT!

# JUMPIN' JACK ATTACK!

## Lyrics

### **Spoken:**

Okay - POLKA DOT PALS, we know you love to work out, and rock out!  
So, let's get ready to do some jumping jacks!  
Feet out, arms up, and ...  
... let's go!

Ya-hoo!

Stop! And, do the POLKA DOT! strut - go!

To the left, to the right - all right!

### **Verse:**

Hey, everybody - we're gonna have fun today!  
With this exercise, we're gonna hypnotize, we're gonna mesmerize!

### **Pre chorus:**

Here we go, all the way!  
Having fun every day  
It's so cool to play, jumpin' jacks - and janes  
Now don't slow down, but don't speed up!  
Let's count it down, before we start -  
five, four, three, two, one - FUN!

**Chorus:**

It's a jumpin', jumpin' jack, jumpin' jack attack!  
It's a jumpin', jumpin' jack, jumpin' jack attack!

And if you say, "I don't what to do"  
I'll say, "take a look in front of you!"  
If you follow me, I'll follow you!

**Spoken:**

What? You say you don't know how to do a jumping jack?  
That happened to me too, once

**Verse:**

Listen - I was like you ... I didn't know!  
I didn't know how to go! No  
So, I took my time, used my mind ...  
Now, watch me go!

**Pre Chorus:**

Here we go, all the way!  
Having fun every day  
It's so cool to play jumpin' jacks and janes!  
We move so smooth, we laugh, we groove  
From ages two to ninety-five!  
We are so alive!

**Chorus:**

It's a jumpin', jumpin' jack, jumpin' jack attack!  
It's a jumpin', jumpin' jack, jumpin' jack attack!

And if you say, "I don't what to do"  
I'll say, "take a look in front of you!"  
If you follow me, I'll follow you!

**Spoken:**

Wow ... this is like my favorite exercise!

***Bridge:***

It's better than a push up, push up  
It's better than a sit-up, sit up  
I'm never gonna give up, give up  
I'm never gonna give up!  
Whoo!

It's better than a push up, push up  
It's better than a sit-up, sit-up  
(It really is!)  
I'm never gonna give up, give up  
(Na-ah!)  
I'm never gonna give up!

***Breakdown:***

Let's rest for a minute, but not too long,  
'cause I feel another jumping' jack attack comin' on!

You do, too? Then, let's go!

Now, POLKA DOT PALS, I have a question for you,  
So let me hear ya!

(4x) Do you like it?

Well, that's where it's at!

***Ending refrain:***

It's a jumping' jack attack, that's where it's at ...

It's a jumping' jack attack!

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