

Freeze

From Swing Thing

Move your body, dancing to the beat,
Move your body and move your feet,
When you hear the music make the floor boards shake,
Look at all the movements that your body can make.

Then Freeze! – like a block of ice,
Freeze! – looking really nice,
Freeze! – don't you move and inch,
Freeze! – this is such a cinch!

Wriggle your extremities, feel the groove,
Big feet, really neat, the whole thing moves,
Wriggle from your head to your two big toes,
Everybody's moving now and anything goes!

Then Freeze! – like a block of ice,
Freeze! – looking really nice,
Freeze! – don't you move and inch,
Freeze! – this is such a cinch!

By Janet Channon

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