Better get ready
Come do rock steady, ooh
You got to do this new dance
Hope you're ready
You got to do it just like uncle Freddy
If you don't know
Just shake your head, rock your bodyline
Shake your shoulders, ev'rything in time
Then see

Oh-oh-oh-oooh-oh-ooh
You got to shake your shoulders
Better get ready
Just to do rock steady, yeah
You got to do this new dance
Just like Freddy
You got to do it just like uncle Freddy
If you don't know it
Shake your head, rock your bodyline
Shake them shoulders, ev'ry thing in time
Then see

Oh-oh-oh-oooh-oh-ooh
You got to shake your shoulders
Now you're ready
Let's do rock steady, yeah
You got to do this new dance
Now that you're ready
You got to do it just like uncle Freddy
Now that you know it
Shake your head, rock your bodyline
Shake your shoulders, ev'rything is fine
Now see
Oh-oh-oh-oooh-oh-ooh
Ev'ryone, oh dance