

## Aerobic

Baccara

If you're sad and feeling low  
And your mind is really down  
Better get in shape you know  
You can do it when your party down  
Come and do this dance with me  
Everybody on the floor  
Ebony or ivory, it's a dance you can't ignore

Take some time with me  
And pretty soon you will see  
Everybody move your body  
Set your spirit free

Aerobic, aerobic...  
Get your body fit  
Aerobic, aerobic...  
Get your body fit

Everybody gonna hear me now  
Gonna go right from the stop  
Roll your head from side to side  
Front to back and let it flop  
Put your hands behind your head  
Move your body left to right  
Feet apart and standing still  
That's the way to do it right

Take some steps with me  
And pretty soon you will see  
Everybody move your body  
Set your spirit free

Aerobic, aerobic...

Oh how you're looking so good as you move across the floor  
Yeah and it's doing you good oh, oh, oh  
Oh how you're looking so beautiful darling what is more  
Yeah you're looking so good as you mo-o-ove  
Baby baby you look so good to me  
Feet together on the floor  
Put your arms up in the air  
Move your hips from side to side  
Everybody everywhere  
Bend down touch your toes  
Get up but not too quick  
Turn around and strike a pose  
Then with one leg give a kick

Aerobic, aerobic...