

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...