

# Body Movin'

Beastie Boys

Ready, one.  
You will do this four times with the left  
Four with the right  
Then eight times with both  
Then repeat.

Body movin, body movin  
A-1 sound, sound so soothing  
Body movin, body movin  
We be getting down and you know we're crush groovin.

Now Let me get some action from the back section  
We need body rocking not perfection  
Let your back bone flip but dont slip a disc  
Let your spine unwind just take a risk  
I wanna do the freak until the break of dawn  
Now, tell me party people is that so wrong  
The ship is docking, inter-lockin  
And up-rockin electro-shocking  
We're getting down computer action  
Do the robotic satisfaction  
All of y'all get off the wall  
Have a ball and get involved with

Body movin, body movin  
with the a-1 sound sound so soothing  
Body movin, body movin  
We be getting down and you know we're crush groovin.

Stand erect, arms down,  
Swing left arm big same with the right

Flame on, I'm gone  
I'm so sweet like a nice bon bon  
Came out rapping when I was born  
Mom said rock it 'til the break of dawn  
Puttin bodies in motion cause I got the notion  
Like Roy Cormier with the coconut lotion  
The sound of music makin you insane  
You can't explain to people this type of mind frame  
Like a bottle of Chateau Neuf Du Pap  
I'm fine like wine when I start to rap  
We need body rockin not perfection  
Let me get some action from the back section

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Left arm ready and one,  
and again, stand erect

Mike D with the master plan  
I said ooh my my and thank you ma'am  
And when I grab the mic you scream Ooh god damn  
The creme de la creme is who I am

MCA where have you been  
Packed like sardines in the tin  
So kick off your shoes and put on your swim fins  
Cause when it comes to quarries I'm known to swim  
And Adrock light up the place  
And if you pull my card you pull the ace  
And if you ask me to turn up the bass  
And if you play defender I could be your hyper space

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You will do eight hops on the left, eight on the right  
Four left four right, two left, two right  
then one each: left, right, left, right  
start and land on the balls of the feet  
left foot, ready, it's one, two, three, four, five.