

Taiso

Yellow Magic Orchestra

Mae e narae
Migi muke migi
Hidari muke hidari
Yasume
Ki o tsuke
Maware migi
Buruma
Torepan
Toreshatsu
Hachimaki
Ude o mune no mae ni agete
Keiren no undo

Raise your arms above your head
Bring them down to shoulder height
Keep them straight and bend your elbows

Let your arms hang loosely down
With your back turned to the sunshine
Bend your body from the waist
Swing your arms right and left
And before you know it you'll be
Twitching

Ryote o agete
Sono te o yoko ni
Daiichi kansetsu chikara o nuite
Karada o taoshite
Sayu ni futte
Mo hitotsu omake ni mata futte
Keiren no undo

Taiso taiso minna genki ni
Keiren keiren keiren keiren...