

Beyoncé, Move Your Body

5, 3, 2011, let's move!

Clap your hands now!
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Jump, jump, jump!
Jump, jump, jump!
Jump, jump, jump!
Jump, jump, jump!

Mission 1,
Let me see you run,
Put your knees up in the sky,
'Cause we just begun, hey!
Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 2,
This is how we do,
Shuffle couple to the right,
To the left, let's move!
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 3,
Can you dougie with me?
Throw your own lil swag on the swizzy beat,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 4,
If you're ready for more,
Jump rope, jump rope,
Lift your feet off the floor,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

I ain't worried doing me tonight,
A little sweat ain't never hurt nobody,
Don't just stand there on the wall,
Everybody just move your body,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Move your body,
Move your body,
Move your body,
Move your body,
Everybody,
Won't you move your body?
Everybody,
Won't you move your body?
Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Get me bodied,
I wanna be myself tonight,
Can you get me bodied,

I wanna be myself tonight,
Wanna move my body,
I wanna let it out tonight,
Gonna party, gonna dance, gonna be myself tonight,
Hey!

Mission 5,
Cumbia, let's go
Time to move your little hips,
Vamonos, Vamonos,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 6,
Bring it back real quick,
Do the running man and then you turn around like this,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 7,
Time to break it down,
Step and touch to the dancehall sounds,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Mission 8,
Feel that heart beat race
Snap your fingers, tap your feet,
Just keep up with the pace,
Hey! Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

I ain't worried doing me tonight,
A little sweat ain't never hurt nobody,
Don't just stand there on the wall,
Everybody just move your body,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Move your body,
Move your body,
Move your body,
Move your body,
Everybody,
Won't you move your body?
Everybody,
Won't you move your body?
Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Get me bodied,
I wanna be myself tonight,
Can you get me bodied,
I wanna be myself tonight,
Wanna move my body,
I wanna let it out tonight,
Gonna party, gonna dance, gonna be myself tonight,
Hey!
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Fellas on the floor,
All my ladies on the floor,
Get me bodied, get ready, to move your body,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Baby all I want is to let it go,
Ain't no worries, oh,
We can dance all night,
Move your body,
That means come closer to me,
While we dance to the beat,
Move your body,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Now run to the left, to the left, to the left,
Now run to the left, to the left,
Now run to the right, to the right, to the right,
Run back to the right, to the right,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Now run to the left, to the left, to the left,
Now run to the left, to the left,
Now run to the right, to the right, to the right,
Run back to the right, to the right,
(Jump, jump, jump, jump, jump
Jump, jump, jump, jump)

Wave the American flag,
Wave the American flag,
Wave the American flag,
Wave the American flag,
Hey!