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Spacedust "Gym and tonic"

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GYM & TONIC - 24/10/1998 1 week at #1 - 8 weeks on chart

Work it Work it out Work it

Stand with your feet parallel A little more than hip distance apart Your stomach pulled in, your waist slightly forward Keeping that posture and reach 2,3,2,3,2,3,4

Back 2,3,2,3,2,3,4

Reach 2,3,2,3,2,3,4

Back 2,3,2,3,2,3,4

2,3,4,5,6,7,8 and back

2,3,4,5,6,7,8 and

Back, back, back, back, back, back, back

Work it

Doin' good

Work it

C'mon now

Work it out

C'mon

C'mon now

Work it, work it c'mon

Back, back, back, back, back, back, back

C'mon

2,3,4,5,6,7,8 and back

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2,3,4,5,6,7,8 and back
Chances are you've worked up a good sweat by now
2,3,4,5,6,7,8 and back
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