

Winnie The Pooh

"Up, Down, Touch the Ground"

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When I up, down and touch the ground
It puts me in the mood,
Up, down and touch the ground
In the mood for food

I am stout, round and I have found
Speaking poundage wise
I improve my appetite
When I exercise

I am short, fat and proud of that
And so, with all my might
I up, down and up, down to
My appetite's delight

While I up, down and touch the ground
I think of things to chew, like honey
With a hefty happy appetite
I'm a hefty happy Pooh

With a hefty happy appetite
He's a hefty happy Pooh

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