

Beastie Boys

"Body Movin'"

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Ready, one

You will do this four times with the left (With the clap,
clap, clap, clap)

Four with the right (Hands, hands, hands, hands)

Then eight times with both

Then repeat

Body movin', body movin'

A1 sound and the sound so soothing

Body movin', body movin'

We be getting down and you know we're crush groovin'

Well let me get some action from the back section

We need body rocking not perfection

Let your back bone flip but don't slip a disc

And 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' (Stand erect) with the A-1

sound (Arms down), and the sound so soothing

Body movin', body movin' (Swing left arm big, same
with the right)

We be getting down and you know we're crush groovin'

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 the 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

Body movin', body movin'

A1 sound and the sound so soothing

Body movin', body movin'
We be getting down and you know we're crush groovin'

Hopping

Left arm ready and one,
And cut left, (Mike, Mike, Mike) 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 crÃ"me de la crÃ"me 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
Ad rock light up the place
And if you pull my card you pull the ace
And if you ask me turn up the bass
And if you play defender I could be your hyper space
Body movin', body movin'
A1 sound, sound so soothing
Body movin', body movin'
We be getting down and you know we're crush groovin'
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 (C'mon)
Left foot, ready it's one two three four five"

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