

Kira Willey

"Dance For The Sun"

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Sun Salutation, Dance for the Sun,
Sun Salutation, Dance for the Sun,
Sun Salutation, Dance for the Sun,
I can do it,
You can do it,
We can do a Sun Salutation!

Sun Salutation, Dance for the Sun,
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Sun Salutation, Dance for the Sun,
I can do it,
You can do it,
We can do a Sun Salutation!

Stretch up high, (into the sun)
Hang down low, (tickle your toes)
Feet jump back, (just like a frog)
Belly on the ground, (just like a snake)
Look at the Sun,
Now Downward Dog.

And Breath, (and breath)
And Breath, (and breath)

Feet jump up, (just like a frog)
Hang down low, (tickle your toes)
Stretch up high, (into the Sun)
Mountain Pose. (look what you've done)

Stretch up high, (into the sun)
Hang down low, (tickle your toes)
Feet jump back, (just like a frog)
Belly on the ground, (just like a snake)
Look at the Sun,
Now Downward Dog.

And Breath, (and breath)
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Feet jump up, (just like a frog)
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