



TECHNO JUMPING



Hey! Are you ready?!?!
One, two... one two, three...

Chorus:

**And Jump, jump,
Jump up in the air,
And Spin, spin
Spin without a care.**

Stretching out your arms,
Now hop on one foot
Shake, shake, shake, shake
Shake it all around.

Hold each other's hand
And start to turn
Lift up your heads
Don't stop til its hurts.

(Chorus)

Stretch out your belly
Stretch it very far
Shake your head
Oh how silly you are

Stick out your tongue
And blink your eyes,
Now flap your wings
Look you're gonna fly