

## DO THE DRAGON (THE DRAGON DANCE)

Music: Ron Hiller (RONNO) Lyrics: Beth DeVolder

### ACTIVITY IDEA:

Have the children attempt the movements/responses presented in this song, leaving room for creative self-expression.

*You were made for motion  
You were meant to move  
So, turn it up a little louder  
And get into the groove*

### PRE-CHORUS:

*Do do do, do do the dragon  
Do do do, do do the dragon  
Do do do, do do the dragon (Aow!!)*

### CHORUS:

*Do a little dance (twist, twist/do their own thing)  
Do the dragon hop (hop, hop)  
Do a little wiggle, wiggle  
And then a little dragon stomp (stomp, stomp)  
Make a little noise —  
And then a little (big) dragon roar (R-O-A-R!)  
You gotta get your wings and body shakin'  
Aren't ya havin' fun with the moves  
We're makin'? Do the dragon! Do the dragon!  
Oh, oh, oh, do the dragon!*

*You were made for music. You were meant to sing  
So, lift your voice a little louder  
We're gonna give it everything*

**(REPEAT PRE-CHORUS)**

**(REPEAT CHORUS)**

## The Alphabet Rock –

**LITERACY CONCEPT: LETTER KNOWLEDGE**

### REFRAIN:

*A B C D E F G  
H I J K LMNO P  
Q R S T U and V  
W X Y and Z (Now follow me)*

*Well, come on, let's rock to the alphabet  
A-churnin' while we're learnin' is the most fun yet  
Rockin' our way from A to Z  
Singin' and dancin' our A,B,C's  
We're gonna bop, bop until we drop  
It's hard to stop  
The Alphabet Rock (2x)*

### REPEAT REFRAIN

*(Remember me? Up on your feet!)  
Well, jolly J makes a "Je, Je" sound  
Jack n' Jill are jumpin' all around the town  
Jivin' our way from A to Z  
Gonna jitter-bug our A,B,C's  
We're gonna bop, bop until we drop  
It's hard to stop  
The Alphabet Rock (2x)*

### BRIDGE:

*Listen as we play with words  
With letters, sounds, and rhyme  
Sounding words - astounding words  
Surround us all the time*

*Let's try singing the alphabet backwards. OK  
Z Y X W V U T  
S R Q and P  
O N M L K and J  
I H G, F E D, C B A  
We're gonna bop, bop until we drop  
It's hard to stop  
The Alphabet Rock (2x)*

### REPEAT REFRAIN

## I'M IN CONTROL

(Music: Traditional \* Arranged: Ken Munshaw, Ron Hiller/RONNO \* Lyrics: Judy Millar © 1994 Song Support/SOCAN)

### Chorus:

I'm in control (I'm in control)  
Hey, that's my goal (Be in Control)  
I'm in CONTROL of what I do (Well, how 'bout you?)  
Only the LOSERS always LOSE IT!  
But I CAN CHOOSE to keep control

Well, pardon me  
But I can see  
That what you DID's not fair to me  
So be a BABY...  
Start to yell and scream and LOSE IT!  
No, I REFUSE to lose control

### Chorus:

Here's how I feel  
My anger's real  
I have these feelings, they are mine  
Well, that's just fine...  
Now you'll yell, and scream, and LOSE IT??!  
No, I REFUSE to lose control.

### Chorus:

I use my words  
Till I am heard  
Yes, I speak up for what is right  
But you don't fight!?  
No, I don't yell, and scream, or LOSE IT!  
I just REFUSE to lose control  
No I don't yell and scream or LOSE IT!  
I just REFUSE to lose  
I simply choose to keep  
I just refuse to lose control!  
I'm in control . . . (repeat)  
And I can chose to keep control!

## HEART, SMART, MUSICAL ART

(Ron Hiller/RONNO © 2007 Song Support/SOCAN)

I want to help my heart  
Keep it healthy and strong  
That's why I walk, run – skippin's fun!  
When I move I can't go wrong

Now, here's a big surprise:  
Movin' keeps me smart  
So come on dance to the steady beat  
Move your feet to musical art

### Chorus:

Heart, smart, musical art  
So important to me  
Heart, smart, musical art  
And movin' is the key!

I sure do like to move  
It makes me feel so fine  
Yeah, it helps me look good, feel great  
And have a real cool time

And moving helps me think!  
I know it's good for my brain  
And so I jump, spin, march  
To this little refrain (Here we go again)

### Repeat Chorus

Heart, smart, musical art (3x)  
Oh, and by the way...

I really like to sing  
To dance and play guitar  
Movin' up, down, all around  
Someday I may go far!

One thing I know for sure  
Yeah, this much I can say  
I'm gonna stay fit, always groovin'  
Movin' every day

### Repeat Chorus

Heart, smart, musical art (4x)

# **THE MUSCLE HUSTLE!**

*(Ron Hiller, Judy Millar © 2007 Song Support/SOCAN)*

*Hey everybody, you need muscles to move! Let's do The Muscle Hustle!*

*You can't make a move (3x) - without MUSCLES!*

## **Refrain:**

*I've got muscles, I can move*

*I can move*

*I can move*

*I've got muscles, I can move*

*I can move my ...ARM!*

*Try it! Hold out your arm and make a fist with your hand, and touch your fist to your shoulder. Feel that muscle in your upper arm? That's your biceps! YOU GUYS HAVE MUSCLES!*

*You can't make a move (3x) - without MUSCLES!*

## **Repeat Refrain**

*...NOSE!*

*Good one! Some of your muscles are little ones, attached to the bones in your face. Use them to wiggle your nose! You look like rabbits – that's funny!*

*You can't make a move (3x) - without MUSCLES!*

## **Repeat Refrain**

*...TOES!*

*Right! You've got muscles in your back, and legs, and feet that help you walk and run and jump. Use them to wiggle your toes!*

*You can't make a move (3x) - without MUSCLES!*

## **Repeat Refrain:**

*...THEM ALL!!!!*

*Move them all!*

*Are you sure?*

*Yeah, we're sure*

*Ok, you asked for it*

*Here we go*

*Do the Muscle Hustle!*

*Move now!*

*Move all those muscles!*

*Wow, look at 'em go!*

## **THE DOLPHIN PROMISE (LYRICS)**

*(Ron Hiller/RONNO, Judy Millar © 2007 Song Support/SOCAN)*

This song is a farewell for the freshwater  
Dolphin known as Baiji. They once thrived  
in a river in China, but sadly, they now seem to be extinct.

*Rare river dolphin  
Swimming no more  
Beautiful Baiji  
We miss you so  
Other great creatures  
May perish too  
We will protect them  
We promise you*

### **Chorus:**

*They may soar through the air  
Or swim in the sea  
Graze in the grasslands  
With their own families  
They may run like the wind  
Or climb tallest trees  
They deserve to live happily  
Just like you, and like me*

*Endangered species  
We understand  
You need clean water  
You need good land  
You have no voices  
What can you do?  
We will speak for you  
We promise you*

### **Chorus:**

*If you soar through the air  
Or swim in the sea  
Graze in the grasslands  
With your own family  
If you run like the wind  
Or climb tallest trees –  
My heart beats for you  
As it beats inside me*

**I CAN CARE** (Ron Hiller, Judy Millar © 1994 Song Support/SOCAN)

*Tick – Tock, telling us it's time  
(time)*

*Soon the morning bell will chime  
(chime)*

*Tick – Tock, telling us that now  
(right now)*

*We must build a better world*

*Here's how:*

*With the beating of a brand new heart*

*This is how love starts*

**Chorus:**

*I can care*

*I can feel*

*This is how I know I'm real*

*I can care*

*So can you*

*We make miracles come true*

*When we care*

*Tick - Tock, telling me to take a stand  
(tick)*

*Build tomorrow by a better plan  
(tock)*

*Tick - Tock, telling me it's time to try  
(Let's try)*

*Time to sing the world a lullaby*

*It takes love to make a world go 'round  
(and round)*

*This is how love sounds:*

**Repeat Chorus (Omitting last line)**

*I can care, do my part*

*From the bottom of my heart*

*I can care*

*So can you*

*We make miracles come true*

*When we care*

*Let's build a better world!*

*We can build a better world*

*When we care....*