



GrandPa Steve's Kids

Zig Zag Happy Wiggle Dance by Stephen W. Sisson, Ph.D.

- 1) When you're feeling bored and you don't know what to do,
it's time to change your thoughts, there's something there for you.
It's time to move your body, shake it all about,
let me show you something that just might help you out.

It's a ZIG ZAG HAPPY WIGGLE DANCE

It's a ZIG ZAG HAPPY WIGGLE DANCE

It'll make you smile, when you wiggle for a while,

A zig zag happy wiggle dance.

A zig zag happy wiggle dance. Just for you!

- 2) Sometimes in our lives we're told we have to wait.
With crying and a-yelling you'll get a belly ache.
Try smiling and laughing, you'll have a better day,
You'll look at yourself in a whole different way.
- 3) When you're feeling blue, something's bothering you,
Just stand right-up, do these simple little moves.
It'll brighten your day, push those blues away,
You'll think about yourself in a whole different way.



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It's a ZIG ZAG HAPPY WIGGLE DANCE

It's a ZIG ZAG HAPPY WIGGLE DANCE

It will make you smile, when you wiggle for a while,

A zig zag happy wiggle dance.

A zig zag happy wiggle dance. Just for you! Just for you! Just for you!

ZIG ZAG HAPPY WIGGLE DANCE

ZIG ZAG HAPPY WIGGLE DANCE

ZIG ZAG HAPPY WIGGLE DANCE

It will make you smile when you wiggle for a while,

A zig zag happy wiggle dance, just for you!