Your Body Wants To Move

Words and Music By
RICHARD WILSON

Arranged By
GREGG INHOFER

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Your Body Wants To Move

- ter-est ed in talk.

Don't for - get it or re-gret it.

Simp-ly let it move!

Steps it takes it shim-mies and shakes.

You got-ta sweat!


'Cause your
Your Body Wants To Move

18

bo-dy, yes your bo-dy wants to move! Dance, bend, lift, sway,

18 A m

Am

Am

Am

Pno.

22

run, reach, stroll Your bo-dy likes it when it gets to move!

22 A m

Am

Am

Am

Pno.

25

Jump, stretch, twist, swing, stride, take a ride! Re-

25 A m

Am

Am

Am

Pno.
Your Body Wants To Move

lax... Then jump some jacks.

Take that first step. Do it to-day. Feel bet-ter Min-ne-so-ta. Your dai-ly quo-ta cer-tain-ly could im-prove. 'Cause your bo-dy, yes your bo-dy wants to move!