

# Jammy Put On

Turn your body around & then turn it back  
Wiggle your arms just like a tickle attack  
Kick your feet up and then kick them out  
Make yourself laugh when you're ready to shout  
Everybody's doing it in their own way  
Everybody's trying it everyday  
Get yourself ready so we have a chance  
To take a few steps of this bedtime dance

We're doing the Jammy Put On  
Jammy Put On  
We're doing the Jammy Put On and you turn your body just a little bit around  
You wind up upside down

I'm going to need a little help from you tonight  
To get this bedtime jitterbug right  
You can do your part and I'll do mine  
Come on everybody it's Jammy time

You can Jammy to the front  
You can Jammy to the rear  
There's a Jammy Put On party going on here  
Everyone can try it when it's time for bed  
Don't be mad and do the Jammy Put On instead.

We're doing the Jammy Put On  
Jammy Put On  
We're doing the Jammy Put On and you turn your body just a little bit around  
You wind up upside down