



Hello JAM Friends!

Herein lie the lyrics to all the songs from
Charity and the JAMband: Rock Your Socks Off

The music is available for purchase and/or download here:
iTunes, Amazon.com, CDBaby.com, ThePokeyPup.com, etc.

Visit www.jamjamjam.com for all things JAMband:
Free JAMband Song Downloads
Song-Inspired Activities
Cool T-Shirts
Concerts
Classes
Camps
CDs

I hope you enjoy singing along with your friends and family!

Peace, love and music for all!

Charity

All text, lyrics and music ©2005 Charity Kahn, www.jamjamjam.com
For reprint permission, please contact Charity at 415.425.0372 or charity@jamjamjam.com

#1 TRAVELIN'

goin' on a road trip, 1 2 3
goin' on a road trip, my friends and me
goin' on a road trip, have some fun
we'll be happy when the day is done

'cause we're a-travelin', travelin'
oh travelin', travelin'
we're a-travelin', travelin'
travelin' down the road

goin' down the road feelin' oh-so-fine
trancin' on the rhythm of the center line
big wheels turnin' round and round
on a grand adventure we are bound

I got my map and my compass, they're the best
for tellin' me north south east and west
but what's in the middle, does anyone know?
I guess WE are, wherever we go!

oh no, oh no it's a traffic JAM, JAM, JAM,
oh yeah I say JAM, JAM, JAM...

car jam jeep jam double decker bus jam
bug jam beetle jam chuckwagon van jam
front loader back hoe mixer digger roller jam
dump truck garbage truck red fire truck jam
bike jam scooter jam motorcycle pickle jam
pogo stick unicycle scooter skateboard jam
hybrid electric solar-powered WOW jam
summer jam hummer jam big fat bumper jam

goin' on a road trip 123
goin' on a road trip, my friends and me
we're stuck in traffic after all our talk
I guess we better just get out and walk

#2 HAPPY FLUFFY

you got a smile on your face
and a spring in your step
your cape on your back
and your shirt on your head
you're spreadin' joy and silliness and all that jive
'cause you're just happy to be alive

you're gonna jump around
jump jump around
jump around
jump up and down
you're gonna jump around
jump profound
you're gonna laugh so hard
you fall to the ground

because you're happy fluffy!
happy fluffy!

you got the beat in your feet
rhythm in your bones
a song in your heart that nobody owns
you know music is magic
it can save the day
so you better be on your way

you're gonna shake, and shake
shakity shake
you're gonna shake shake shake
like a big earthquake
you're gonna shake and shake
'til the sleepers awake
you're gonna shake shake shake
shake shake your cake...

we've got brothers and sisters all through the land
let's make a big old family band
every single man and woman, boy and girl
flora fauna daddy mama JAMmin' 'round the world
oh everybody's dancin' in a circle 'round the sun
a shindig groove bash hootenanny fun
all I can see is family for miles and miles
so let's dance together and spread the smile

you're gonna gyrate, undulate
fibrillate, circumnavigovigate
you're gonna rotate, pulsate, fluctuate
vibrate, oscillate, no time to wait...

#3 JUMP INTO THE MIDDLE

everybody gather 'round in a circle
put your hands together and make some noise
when you feel the music takin' you over
then it's your turn to
jump into the middle
jump into the middle
jump into the middle and...

dance baby dance baby dance baby dance
dance baby dance baby dance baby dance

first you feel the rhythm wigglin' your toes
then you feel it sneakin' on up your spine
pretty soon it's shakin' your shakin' your booty
then you can't help but
jump into the middle
jump into the middle
jump into the middle and...

biz-biz-bizzy like a bizzy bee
miz-miz-mizzy like a mizzy me
fiz-fiz-fizzy like a fizzy fee
iz-iz-izzy like an izzy eee
whiz-whiz-whizzy like a whizzy wee
ziz-ziz-zizzy like a zizzy zee
quiz-quiz-quizzy like a quizzy quee
diz-diz-dizzy like a dizzy deeeeeeeeeeeee.....

you're spinnin' around, and your world is a turnin'
inside down and upside out
you're on a magic journey searchin' for your groove
and when you find it you better
jump into the middle
jump into the middle
jump into the middle and...

#4 WATCHA GONNA BRING

oh watcha gonna bring to the party tonight?
your beautiful self, you shine so bright
oh watcha gonna bring to the party tonight?
come as you are, it'll be alright

who brought their toes
who knows how to wriggle 'em
who brought their bellybuttons
who knows how to jiggle 'em
oh who brought their belly laughs
who knows how to giggle 'em
oh who brought their everythings
who knows how to wiggle a-wig-wig-wiggle wiggle around

who brought their legs
who knows how to jump 'em
oh who brought their muscles
who knows how to pump 'em
oh who brought their funny face
who knows how to make one
oh who brought dem dry bones
who knows how to dance and shake and shake and shakity shake 'em

who brought their feet
who knows how to stomp 'em
oh who brought their teeth
who knows how to chomp 'em
oh who brought their hips
who knows how to bomp bomp bomp 'em
oh who brought their whole body
who knows how to romp around, a-romp around the block tonight

oh watcha gonna bring to the party tonight?
your beautiful self, you shine so very bright
a wish you wish with every ounce of your might
the energy to dance and dance until the lights
go down in the town and up in the night sky
the moon and stars shinin' just as bright
as your beautiful self, your fabulous self
miraculous amazing incredible self
spectacular self, your wondrous self
your marvelous, magical groovy self
magnificent self, your far-out self
your super-duper extra-ordinary self
every little thing's gonna be alright

#5 SUPER HERO

sometimes I feel a little bit scared
and sometimes I feel a little shy
sometimes I feel a little bit cranky
and sometimes I even wanna cry
but when the chips are down and the day's in trouble
well then I'm brave, I'm super brave
then I'm strong, I'm super strong
'cause the day needs me to do a super save

everyone has a super power to share. to make the world a better place
it might be singin' or dancin' or drawin' or jammin'
or puttin' a smile on someone else's face

and when you use it you're a super hero (wah-oo-wow!)
oh you're super cool (super cool)
travelin' from there to here-o (here-o)
doin' what you do, what you do

sometimes I feel a little bit mad
and sometimes I get pretty mean
sometimes I can be rather naughty
and sometimes I even wanna scream
but when the day is failin' and the swan is singin'
I look within to find my super star
my supergeek my superfreak
'cause what I do best, that's my super power!

everyone has a super power to share, to make the world a better place
it might be buildin' or countin' or writin' or rescuin'
or puttin' a smile on someone else's face

I can run like the wind, fly to Mars
leap to the moon and juggle the stars
I can walk on water, swim like a fish
spin a ring around the rosie like a whirling dervish
I can stick to a skyscraper or a mountain
climb 'em right side up and upsidedowntain
got a wish in my heart and a trail to blaze
I'm strong and brave and a little bit crazy
I got super powers and so do you baby
yes yes yes I don't mean maybe
our job, we do it real well, is to use our powers for good, never for evil!

everyone has a super power to share, to make the world a better place
it might be runnin' or jumpin' or swimmin' or flyin'
fixin' or teachin' or multiplyin', talkin' or listenin' or simplifyin'
playin' or healin' or workin' or feelin', or puttin' a smile on someone else's face
we're saving the day, we're saving the day...

#6 TOWEL TANGO

my towel is oh so versatile
when I wear it I always smile
my towel can be a lovely skirt
my towel can even be a party shirt

there are so many ways in which I wear it
my towel can be long flowing hair it
can even be a fancy silly hat
it sits upon my head just like that

ba dum ba dum ba da dum ah!...
shall we dance, darling?

to do the towel tango
you hold your partner just so
one arm around each other's waists
the other out in front of your faces

now choose a path and walk like this
first slow, slow, then quick, quick switch!
now switch direction, go the other way
now swoop your partner in a dip, hoorayAH!

slow, slow, quick quick switch!
slow, slow, quick quick switch!
slow, slow, quick quick switch!
dippy dippy dippy dippy diiiiiiiiiiiiiiiiiiiiiiiiP!

and when you must go out and save the day
your towel can even be a magic cape
no need to pack your super power
it lives within you everywhere I goooooAH!

#7 PARTNER DANCE

take your partner by the hand
and give a little bow
spin a ring around the rosie
I know you know how
jump up and down like a speckled frog
go bouncin' 'round the room
make some rollin' thunder now
make your feet go crash and boom!
**don't forget to bounce around
your bellybutton too!**

ring around the rosie
pocket full of posies
ashes ashes ashes
we all fall down

take your partner by the hand
and give a little squeeze
quiver your head and shoulders
and shiver your toes and knees
shake your head no no no
and nod your head yup
eat up all your ice cream
we'll have pickles after supper
raise your glass to the chef
that means put your cup up

ring around the rosie...
cows in the grassy meadow
eating up those butter cups
ashes ashes ashes
we all jump up

take your partner by the hand
and give a little wink
how huge can you grow up
how teeny-tiny can you shrink down
pat-a-cake pat-a-cake bakers man
and pat-a-cake bakers woman
gimme 5 and gimme 10

one more time let's do it again
gimme 5 and gimme 10
do it again and again and again
and again and again and again and
again....

ring around the rosie...
cows in the grassy meadow...
horses in the pasture
nibblin' on some hay
ashes ashes ashes
we all swing and sway
kitty cat on the barn roof
groomin' her glossy coat
ashes ashes ashes
we all rock and row the boat
ducks in a little duck pond
divin' for peanuts
ashes ashes ashes
we all waddle and strut
goats diggin' through the trash heap
chompin' down some junk
ashes ashes ashes
we like funk, a-chicka-ow! chick-a-
chickens in the hen house
layin' a bunch of eggs
ashes ashes ashes
we all shake an arm and a leg
rooster swaggerin' 'round the barnyard
cockling his doodle doo
ashes ashes ashes
we all say, "I love you!
sheep chillin' in the green fields
shearin' off some fleece
ashes ashes ashes
we all make peace
pigs in a muddy puddle
chowin' down on some slop
ashes ashes ashes
we all just stop!

#8 WE NEED MUD

we need mud mud mud
we need mud mud mud

we need a shovel
we need a bucket
can you bring 'em?
yeah! yes we can!
we need some water
we need some dirt
can you mix 'em?
yeah! yes we can!

we need a mountain
we need a peak
can you make 'em?
yeah! yes we can!
we need a waterfall
we need a river
can you dig 'em?
yeah! yes we can!

we need an island
we need a lake
can you build 'em?
yeah! yes we can!
we need a castle
we need a moat
can you construct 'em?
yeah! yes we can!

we need our bare feet
we need our hands
can you smash it?
yeah! yes we can!

#9 CAKE

sift the flour, sift the flour, sift sift...
everybody's makin' a birthday cake
a birthday cake

dump the sugar...dumpity-dump
smash the butter...smash, smash!
crack the eggs...crackiity-crack
pour the milk...pour, pour
stir the batter...stir, stir

turn the temperature up to 375 degrees
and when the oven's warmed up slide your cake in with ease
set the timer for 45 minutes
and get your thumbs ready for some twidlin' it's
hard to be patient even when you're twiddling
but pretty soon you're gonna hear the buzzer go (ding!)
so put your oven mitts on, first left then right
open the door, oh! what a sight!
when a toothpick in the center comes out neat and clean
it's finally done! you know what that means
so take it on out, let it cool on down
oh it smells so yummy and it's
nice and brown
wanna swallow it down
but be careful, it's hot!
so touch it not
and before we chow
we gotta finish it now
we got work to do
because we're gonna

spread the frosting...spread, spread
shake the sprinkles...shakity-shake

everybody's baking a
chocolate vanilla rainbow swirl around
angel food devil's food fudge upside down
strawberry bubblegum ice cream layer cake
push in the candles and
light 'em on fi-ah!
everybody's makin' a birthday cake!
a birthday cake! a birthday cake!
a birthday cake!

#10 HAPPY BIRTHDAY BABY

it's about friends
it's about family
it's about makin' a wish and havin' a dream
it's about a party

it's about cake
it's about candles
it's about numbers to count how old you are
fire to burn and air to blow

happy birthday, baby
happy birthday, baby
happy birthday, baby
happy birthday, baby

it's about your power
it's about your magic
it's about lovin' your life and livin' your love
it's about you, baby

it's about a celebration
it's about a hootenanny
it's about feasting and festing and feeling fortunate
it's about this little song

where did you come from? I don't know
you better listen to the birds' and the bees' story
they say it's like magic, you start with nothin'
work a little play a little then you got somethin'
throw in the love, now you're getting' somewhere
life, life! it's in the air
life, life! it's everywhere
life, life! live it...if you dare
where did you come from? zero
but infinity's the limit so you better get goin'...

happy birthday, baby.....
it's about love!
it's about life!
it's about you, your groovy far-out self
it's about your little light, let it shine
it's about thank you, for lettin' me be me be me be me yeah

#11 WISH

oh I made a wish
I'm gonna put it in my pocket
gonna hold it real close, I'm not gonna drop it
it's a wish for me
and a wish for you
and a dream for the whole wide world, too

oh I made a wish
it came from my heart
'cause that's where the real good lovin' starts
it's a wish for you
and a wish for me
and a dream for how the world could be

oh I made a wish
I'm gonna plant it in the ground
I'm gonna water it and sun it and celebrate around it
it's a wish for today
and every tomorrow
'cause the world is somethin' we only borrow

oh I made a wish
I'm gonna throw it in the ocean
I'm gonna stir it all up and make a magic potion
I'm gonna cast a spell
for a happy day
full of love and song and dance and play

oh I made a wish
I'm gonna throw it in the sky
it's gonna rain down love and make the whole world smile
it's a wish for today
and every other day
'cause it's always somebody's birthday!

#12 PEACE DREAM

all we need is love
all we need is peace
all we need is love
all we need is peace
all we need is love
all we need is peace

all we need is a hand to hold
and a voice to sing
a heart to love
and a world to heal
a body to dance and dance and dance
and dance and dance

all we need is a roof over our heads
food in our bellies
family around us
freedom followin' us

all we need is love
all we need is peace
all we need is love
all we need is peace
all we need is love
all we need is peace

breathe in the love
breathe out the peace
breathe in the love
breathe out the peace
breathe in the love
breathe out the peace
breathe in the love
breathe out the peace

#13 JAM IS

JAM is here
JAM is now
JAM is you and you know how
you're gonna wiggle-jiggle scat'n'rap these and those
from your toppy-top-head to your tippy-tip-toes
you're gonna JAM gonna JAM 'til the cows come ramblin' home

JAM is a story
JAM is a song
JAM's a hootenanny now come along
you're gonna quiver quake and shake rant and riddle and rhyme
from the break of day 'til the end of time
you're gonna JAM gonna JAM gonna free your body and mind

JAM is a dream
JAM is a vibe
JAM is alive alive alive
you're gonna freak and funk and rock and roll
you're gonna JAM JAM JAM right from your soul
you're gonna JAM gonna JAM the way only you know

JAM is you
JAM is me
JAM is everything and everybody
it's the rocks trees rivers sun and air and sea
it's the furries and the fishies, the birds and the bees
oh yeah the whole world's JAMmin' with you and me
mamas papas brothers sisters itty bitty babies
they're all a-movin' and a-groovin' and a-livin' and lovin'
from the earth below to the sky above
we're gonna sing and dance and laugh and play
we're gonna JAM JAM JAM those blues away
we're gonna JAM gonna JAM our way into the day