

Do The Circulation

Music & Lyrics: Lynn Ahrens

Performed by: Joshie Armstead, Mary Sue Berry,
Maeretha Stewart

There's a great new craze
That's sweeping the nation
Come on do the Circulation!

It starts with your heart,
What a great sensation,
Come on do the Circulation!

Out through your arteries, in through your veins,
Your heart pumps your blood, then it does it again,
So come on, everyone get it on,
Everyone, the Circulation!
So come on, everybody,
Exercise your body for circulation!

Circulation! Everybody form a circle now. (**Uh-huh-huh**)
Circulation! Like your blood, you just start moving
around
Circulation! It's a function that's so out of sight
And if your feet fall asleep then
You're not circulating right.

You got four heart parts to pump the blood (**lub dub!**)
Yeah, that's circulation,
Left and right ventricle, left and right atrium,
Yeah, they do it, they circulate,
They pump blood through your lungs for oxygen,
And then your arteries take it through to your body
And your veins bring the old blood back to be
renewed.

Circulation takes nutrition to your cells
And gets rid of carbon dioxide and waste as well.
Circulation, it's a function that's so out of sight,
And if your hands are cold then
You're not circulating right.

Well, your blood is such a life-giving potion,
Like a river it's always in motion,
From your head to your toes,
Doing good as it goes,
It's a big, red, beautiful ocean.

Now the blood's not bad, it's kind of special,
Yeah, come dig it! Circulation!

With these red and white corpuscle cells,
Yeah, come do it, Circulation!

Red cells carry oxygen, white cells fight the germs,
So come on, come do it, yeah, come do it, Circulation!
So come on, come do it, with your heart, come do it,
Circulation!

Circulation! Everybody form a circle now. (**Uh-huh-huh**)

Circulation! Like your blood, you just start moving
around
Circulation! It's a function that's so out of sight
So come on move around and
You'll be circulating right!

There's a great new craze that's sweeping the nation
Come on, do the Circulation!
It starts with your heart, what a great sensation,
Yeah, come do it, circulate!
Out through your arteries, in through your veins,
Your heart pumps your blood then it does it again.
Come on, everybody, get it on, everybody.
Circulation!
So come on, everybody, get it on, everybody.
Circulation!

The Circulation!