

Straighten Up Alberta *Stretch Lee* Lyrics

Intro

3 minutes a day, and we don't play. Come on man, you better straighten up!

Bridge

Boom, bap, boom b-boom bap x 4
Shake.....stretch it out now!

Verse one

Listen up everybody, it's a brand new dance,
Straighten up all your bodies, come and get with the plan
And you can feel the boom bap while we bringing the raps
And we can make the room clap while we straighten their backs stop

Waitin', we don't wanna see no hesitation
Twist and sway, stretch it out, bring the day in
Preparation's gonna get you to the finish line,
With a spine that's got you smiling for a lifetime

It's the right time, everybody bend and twist it
Get enlisted, to the way of the ninjas
You know that I be with Mr Miagi
Reach for better posture, we're training our bodies

Chorus x 2

Shake, stretch it out everybody
Wake up and get with the party
Say it loud and move with the sound
Straighten up your back and get down

Brought to you by Alberta's Chiropractors



Verse two

I want to stretch right now
My name is Jon Jon and I like to shake down
I am internationally known
As a Master stretcher of my body and soul

Take a deep breath and calm your mind,
Take control, of your life it's time
A little inner Qi, is what it's gonna take
Discipline your life, give yourself a little break

Straighten up tall, bend and reach
Be the master that your body can be
Looking good, feeling good, stand up straight
The choice is yours, can I get a hey? (Heyyyy!)

Chorus x 2

Bridge

Boom, bap, boom b-boom bap x 4
Shake.....stretch it out now!

Verse three

So bring it back now, back on track with a vengeance
Did his stretches, now he's up off the benches
Brought the wu shu like he bought a pair a new shoes,
Wish you could bring the Kung fu like his crew do

But you can, all you gotta do is dance
Straighten up, side bend, core twist shake it out then
Reach for the sky, the sky is the limit,
And all it's gonna take is 3 minutes for a new winner

It's real simple, mad easy to do
By yourself or with your crew and make it look cool too
Representing AB for three minutes a day
Feel better. Move better. Live better. Say it with me now!

Chorus x 4