

Scoot Scat Groove

Music by Steve James,

Lyrics by Steve James and Mitch Hall

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Performed by Kelly Eisenhower, Lisa and Steve James

Arranged by Jay Lawrence

(Verse)

Have you ever felt that natural high

Endorphins risin' to the sky

Scoot Scat groove

You gotta' move

The feeling when you exercise

Hits you right between the eyes

Scoot scat groove

You gotta' move

(Chorus)

Ouu ouu and when you get that groove

You want to move

(Verse)

When the red is rushing through the veins

Oxygen goes to the brain

Scoot scat groove

You gotta' move

Cleaning out those arteries

Burning off those calories

Scoot scat groove

You gotta' move

(Chorus)

(Bridge)

When your heart is pumpin' jumpin' to the beat

It makes you want to get up off of your seat

Then the second wind will blow you back on your feet

(Repeat 1st verse & chorus)