

Up and Down

The Pop Ups

Pick it Up Put it down (x 4)

Turn yourself around (x 2)Stand Up Sit Down (x 4)

Turn Yourself around (x 2)Toss it Up, It drops down (x 4)

Turn Yourself Around (x 2)Up and Down (x4)Turn it Up Turn it down (x4)

Turn Yourself Around (x2)Sun goes up Sun goes down (x4)

Turn Yourself Around (x 2)Up and Down (x4)

Lyrics provided by

<https://damnlyrics.com/>