Do the Circulation

Various Artists

Lyrics & Music by: Lynn Ahrens
Performed by: Joshie Armstead, Mary Sue Berry, and 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,
and 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!

Lyrics provided by
https://damnlyrics.com/