

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!