

# 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!