Dance the Dairy Beat

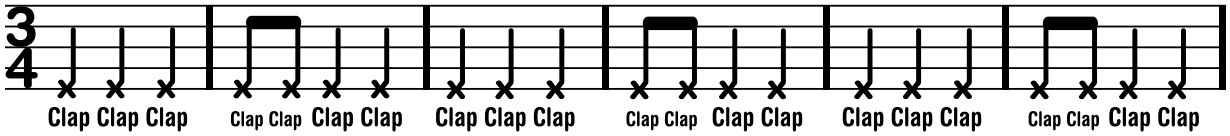
Have you heard what can happen when you dance the dairy beat?
Your bones will get excited and you'll start to move your feet!

1-2-3, Let's sing the dairy beat!
4-5-6, Let's dance the dairy beat!

Start dancing [clap clap clap clap-clap clap clap]
Again [clap clap clap clap-clap clap clap]
Now march [clap clap clap clap-clap clap clap]
Once more [clap clap clap clap-clap clap clap]
Try jumping [clap clap clap clap-clap clap clap]
Jump some more [clap clap clap clap-clap clap clap]
Dairy beat!
Dairy beat!

Have you heard what can happen when you drink milk every day?
Your bones will get excited and you'll start to run and play.

1-2-3, Let's sing the dairy beat!
4-5-6, Let's dance the dairy beat!

Start walking [clap clap clap clap-clap clap clap]
Keep it up [clap clap clap clap-clap clap clap]
Now run [clap clap clap clap-clap clap clap]
A little faster [clap clap clap clap-clap clap clap]
Try skipping [clap clap clap clap-clap clap clap]
Last time [clap clap clap clap-clap clap clap]
Dairy beat!
Dairy beat!

Clapping rhythm (at approximately 120 beats per minute)