

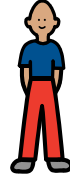
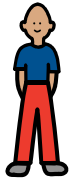
# Na Lakoom-Stand Up

By: Rick Recht & Sheldon Low

It's time to move those bodies...everybody please stand up!



Na lakoom (stand up!) Na lakoom (stand up!)



Na Lashevet (sit down!) Na Lashevet (sit down!)

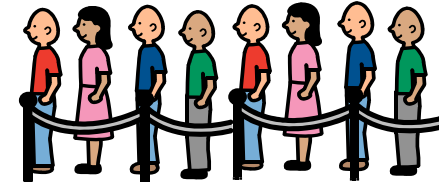


Ma'a'gal Ma'a'gal Ma'a'gal gal gal, Ma'a'gal Ma'a'gal Ma'a'gal gal gal,



If you wanna make a circle, just stand up tall and say ma ma ma ma ma----a----gal.

Tur tur tur tu tu tu tur tur tur Tur tur tur tu tu tu tur tur tur



If you wanna make a line, it's fun for sure just say tur tur tur tur tur tur tur

Rutz rutz rutz rutz rutz rutz rutz rutz rutz Rutz rutz rutz rutz rutz rutz rutz rutz rutz

If you wanna run in place put on your running shoes



and say rutz rutz rutz rutz rutz rutz rutz

