

Betty Keep Your Butt Down

Sam Rizzetta © 2007

The musical score is written in treble clef, key of D major (two sharps), and 2/4 time. It consists of four staves of music. The lyrics are written below the notes. Chord symbols (D, G, A) are placed above the staff to indicate accompaniment. The score includes a piano dynamic marking (p) and an 8va marking. The lyrics end with 'Bet-ty keep your butt down!' and 'Oooommm. (Last time)'.

There's a cir-cus in the wood, and it does a bod-y good, to play with all the
an - i - mals, you real - ly, real - ly should. There's a cam - el, there's a
tree, there's a pi - geon just like me. Just don't for - get,...
Bet - ty keep your butt down! Oooommm. (Last time)

The stork is quite a bird, she twists into a nerd, and stands upon one leg, as she hollers to be heard.
But do not take a fright, if the cat decides to bite. Just stay out of sight,...and Betty keep your butt down!

There's a crane and a bear, picking berries in the air, a gator who is later, and a monkey in my hair.
When you hear the lions roar, play folded leaf upon the floor. Just don't forget,... Betty keep your butt down!

The dolphin with a swish, is a very happy fish, and to slither with the co-br-a would be my fondest wish.
But the locust is the one, that really hurts my bun. Just don't forget,... Betty keep your butt down!

A warrior is the cat, but he never wears a hat, 'cuz it falls into his face, when he arches up his back.
And the starfish doesn't fight, she is really quite polite. Don't forget to breathe,... and Betty get your butt down!

Oh, the downward dog, is as happy as a frog. With his fanny in the air, he really doesn't care.
But all us other critters, are more careful with our sitters. Just don't forget,... Betty keep your butt down!

We met the eagle bird, and of deer there's quite a herd, playing yoga and ji gong, it's really quite absurd.
We want to play and run, to salute the moon and sun. Just don't forget,... Betty keep your butt down!

The cow has a head, with locks that are to dread, and the swan is the one, who's not having any fun.
She tried deep surrender but got caught in her suspender. She plum forgot,... Betty keep your butt down!
Oooommm.

The animal names in this song are all positions and movements in yoga and ji gong. Thanks to Judy Jenner and the Slo Mo Yo group of Shepherdstown, WV for the title and instructions interpreted herein.