

The Vitamin Dance

Leon Rosselson

Intro
 Verse 1 --> Chorus
 Verse 2 --> Chorus
 Verse 3 --> Chorus
 Instrumental (verse x 2)
 Verse 4 --> Final Chorus
 Intro --> Instrumental (verse x 2)

Intro A [3 times] E⁷

Verse 1
 3 A D E⁷ A

Some like to hip hop Some like to jive Some like to do the nine to five

7 A D A D D G D G E⁷

Some like to boo-gie when they get the chance But I like to do the vi-ta-min dance

Chorus
 11 A D E⁷

The vi-ta-min dance the vi-ta-min dance Let's all do the vi-ta-min dance The

16 A D E⁷ A D A D A D A

vi-ta-min dance is the dance for me, es - pec-ia -lly-the one called Vi-ta-min C.

Verse 2
 21 A D E⁷ A

You can do it at break-fast you can do it at tea, all you need is some-thing with vi-ta-min C. You

26 A D A D D G D G E⁷

find it in sa - lad you find it in greens You find it in fruit, po - ta-toes and beans It's

30 A D A D D G D G E⁷

not in choc-late and it's not in cheese But it's there in to-ma-toes and ap-ples and peas.

[to Chorus]

Verse 3

34 A D E7 A

If you want to do the vi-ta-min, here's what you do, You get your-self_ an or-ange or two, You

39 A D A D D G D G E7

take off the peel, Throw it in the bin Then you eat the jui-cy fruit with the vi-ta - min._
[to Chorus --> Instrumental]

Verse 4

43 A D E7 A

You get fir-mer mus-cles you get smooth-er skin, When you do the dance of the vi - ta-min. It's

48 A D A D D G D G E7

good for your blood, bones, teeth & gums. And it keeps a way the snee-zes when the win-ter comes.

Final Chorus

52 A D E7

The vi-ta-min dance the vi-ta-min dance Let's all do the vi-ta-min dance The

57 A D E7 A D A D

vi-ta-min dance is the dance for me, es - pec-ia -lly-the one called Vi-ta-min C. Oh the

61 A D E7

vi-ta-min dance the vi-ta-min dance Let's all do the vi-ta-min dance The

65 A D E7

vi-ta-min dance is the dance for me, es - pec-ia -lly-the one

69 A

pec-ia -lly-the one pec-ia -lly-the one called vi-ta-min C.

[--> Intro --> Instrumental]