



## My Energy

**This is me, this is me  
This is me and my energy  
This is me, this is me  
This is me and my energy**

**I'm gonna wiggle my legs  
I'm gonna click my heels  
I'm gonna stomp my feet  
Because I have energy**

**This is me...**

**I'm gonna wave my arms  
I'm gonna shake my hips  
I'm gonna jump to the sky  
Because I have energy**

**This is me...**

**I'm gonna clap my hands  
I'm gonna shake my head  
I'm gonna yell out loud  
Because I have energy  
This is me...**



Laurie Berkner, songwriter

Use these lyrics to help your child learn the words to the songs on Jack's Big Music Show.



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