

# 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 + chorus)

Intro A [3 times] E<sup>7</sup>

## Verse 1

3 A D E<sup>7</sup> 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 E<sup>7</sup>

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

## Chorus

11 A D E<sup>7</sup>

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

16 A D E<sup>7</sup> 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 E<sup>7</sup> 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 E<sup>7</sup>

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 E<sup>7</sup>

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]