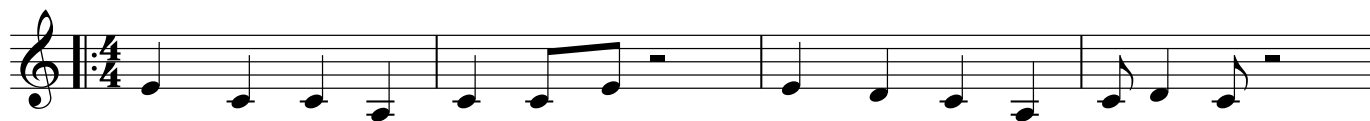


# Freeze

Lotte Salling

$\text{♩} = 116$



1. On your toes and don't take long, jump, jump, jum-ping to this song.
2. Kick your heels and don't take long, kick, kick, kick them to this song.
3. Run, run, run and don't take long, to the rhy - thm of this song.
4. Skip the rope and don't take long, skip, skip, skip-ping to this song.



Jump up high and show us, please, how to jump be - fore you freeze!  
Kick them high and show us, please, how to kick be - fore you freeze!  
Raise your knees and show us, please, how to run be - fore you freeze!  
Skip the rope and show us, please, how to skip be - fore you freeze!