Mama said on the day I was born
There was a whole lotta shakin' goin' on
There was a party next door the people callin' out for more
And they played the boogie all night long
I was raised on a beat that was oh so sweet
Fed on the rhythm and blues
When she sent me on my way I heard my mama say
Son, don't forget your dancin' shoes

Bop 'til you drop Shake it 'til you break it Move it 'til you lose it Dance, dance

When you're down at a party and the music's hot And you see somebody that you like a lot Don't fight the feelin' if the feelin's right Take a chance and dance 'cause tonight's the night We'll do it right

Bop 'til you drop
Shake it 'til you break it
Move it 'til you lose it
Dance dance
Bop, bop, bop
Shake it, shake it, shake it
Move it 'til you lose it
Dance, dance, dance
Dance, dance, da-da-dance

Back in 57 I was just a little boy
And my sister jenny sue, she was the queen of the hop
After school she'd be stackin' up her 45's
Practising her shimmy shimmy koko bop
She had to do it right 'cause come on saturday night
She was the hot girl on the floor
Mama'd catch her in the kitchen but instead of doing dishes
She'd be brushin' up her boogie on the 'frigerator door

Bop 'til you drop Shake it 'til you break it Move it 'til you lose it Dance dance Bop, bop, bop Shake it, shake it, shake it Move it 'til you lose it Dance, dance, dance Dance, dance, da-da-dance

Ah when it's come-a come-a doo down down pretty baby And the music starts movin' and it's drivin' you crazy Don't get caught just-a hangin' around 'Cause you gotta get up if you wanna get down Get up, get up, get down down

Come on and dance, dance
Don't it make you wanna get up and dance

Bop, bop, bop
Shake it, shake it, shake it
Move it 'til you lose it
Dance, dance
Bop 'til you drop
Shake it 'til you break it
Move it 'til you lose it
Dance, dance

Bop, bop, bop
Come on, come on, come on
Shake it, shake it, shake it
Shake it, shake it, shake it
Move it 'til you lose it
Move it 'til you lose it
Move it 'til you lose it
Dance, dance, da-da-dance
Come on and dance, dance, da-da-dance
Come on and dance, dance, da-da-dance