

Appendix 4.3 *Gotta Get Up*

Gotta Get Up

re-arranged Lorri Bev & Deidre Ditton

Jeffrey Leask

$\text{♩} = 120$

F Am C7 F

Piano

Stamp

Got - get up in the morn - ing and shake that wea - ry head. It's

5 F Am C7 F

Pno.

Sta.

good to get up in the morn - ing but its nic - er to stay in bed.

9 F F F C F

Pno.

Sta.

Out of bed to ex - er - cise. (Out of bed to ex - er - cise). Shake that head and

14 F C7 F

Pno.

Sta.

rub those eyes. Shake that head and rub those eyes.

The early reading and music partnership by Dr. Lorri Beveridge

[MP3 Gotta Get Up](#) Students make up their own words and actions. The song is *cumulative*.

Students repeat each previous verse and actions in order, following the introduction of each verse and action e.g.,

- stretching low and stretching high (echo), to the ground and to the sky (echo). Out of bed to exercise (echo), Shake that head and rub those eyes (echo);
- Jogging, jogging on the spot (echo), jogging till you're boiling hot(echo), stretching...
- Swing those hips from side to side (echo), swing 'em out, swing 'em wide (echo). jogging...
- Jumping in and jumping out (echo), jump 'n shout, jump n shout (echo), swing those hips ...

This song is a marching tune. It is regimented, with four crotchet beats to the bar, sung with gusto.