

ONWARD LYRICS

We are moving, we are moving,
we are moving onward! Onward!

We're moving on, the past is gone.
We're ready for a brand new chapter.
We've done our best in ev'ry test.
We carry with us all that matters most.

This new adventure could be the best thing ever.
What we will find there, we will find together!

We are moving, we are moving, we are moving onward!
We are moving, we are moving, we are moving onward!
Onward!

We'll say it loud, (yell: we're very proud!)
We are the shakers and the movers.
It's very clear, the moment's here.
We're looking forward to the future now.

This new adventure could be the best thing ever.
What we will find there, we will find together!

We are moving, we are moving, we are moving onward!
We are moving, we are moving, we are moving onward!

part 1:

Onward! Upward! Forward! Onward!
Onward! Upward! Forward! Onward!
Onward!
Onward!



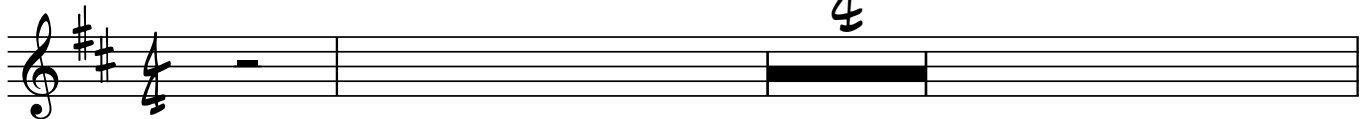
part 2 (optional):
Onward!

Onward! Upward! Forward! Onward!
Onward! Upward! Forward! Onward! Onward!
Onward!
Onward!

ONWARD!

SYMPHONIC POP (♩=120)

Teresa Jennings



5 *f*

We are mov - ing, we are mov - ing, we are mov - ing on - ward! _____

10 *f*

On - ward! _____

14 ENERGY! PUNCTUATE AND ENUNCIATE (USE DIAPHRAGM)

We're mov-ing on, the past is gone. We're read-y for a brand new chap - ter.
We'll say it loud, (YELL) we're ver-y proud! We are the shak-ers and the mov - ers.

18

We've done our best in ev'-ry test. We car-ry with us all that mat - ters
It's ver-y clear, the mo-ment's here. We're look-ing for-ward to the fu - ture

ONWARD! – 2

22

most. } This new ad-ven - ture could be the best— thing ev - er.
now. }

26

What we will find— there, we will find to - geth - er!—

31 *ff*

— We are mov - ing, we are mov - ing, we are mov - ing

35

on - ward! We are mov - ing, we are mov - ing, we are mov - ing

TO CODA (AFTER D.S.)

40 *f*

on - ward!— On - ward!—

2

D.S. AL CODA (m. 14)

ONWARD! - 3

CODA

NO DECRESC.

46

I
on - ward! _____ On - ward! Up - ward!

II
On - ward! On - ward! _____ Up - ward! —

1. 2.

I
For - ward! On - ward! On - ward! _____

II
For - ward! On - ward! On - ward! On - ward!

52

I
On - ward! _____ On - ward!

II
On - ward! _____ On - ward!

Burn More Than You Eat

part 1:

Burn more than you eat. Burn more than you eat.
Ev'ry day, to stay in shape, be sure to move your feet.

Burn more than you eat. Burn more than you eat.
Ev'ry day, to stay in shape, be sure to move your feet.

Ev'ry body needs calories.
Calories are in our food.
If we eat too many calories,
That's not very healthy,
that's not good. Ooh!

Burn more than you eat. Burn more than you eat.
Ev'ry day, to stay in shape, be sure to move your feet.

Burn more than you eat. Burn more than you eat.
Ev'ry day, to stay in shape, be sure to move your feet.

Ev'ry day, to stay in shape, be sure to move your feet!

Yeah!

part 2 (optional):

Ah, calories. Ah, calories.
Ah. Ah, move your feet.

Ah, calories. Ah, calories.
Ah. Move your feet.

Oh. Calories, oh,
in our food, in our food.
Oh, calories.
Oh.
Ooh!

Ah, calories. Ah, calories.
Ah. Ah, move your feet.

Ah, calories. Ah, calories.
Ah. Move your feet.

Ah. Move your feet!

Yeah!

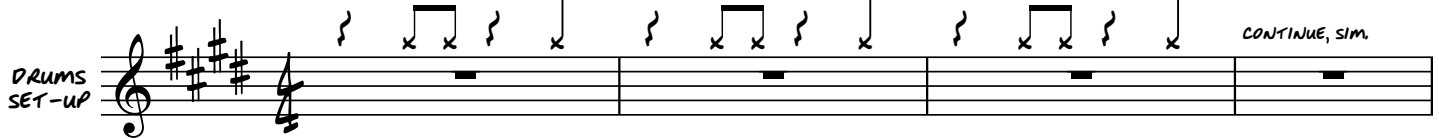
Burn More Than You Eat

ROCK 'N' ROLL (♩=150)

CLAPS (OPTIONAL)

Teresa Jennings

DRUMS SET-UP



CONTINUE, SIM.

5 REPEAT ON D.S. ALSO
f (+RESUME CLAPS ON D.S., OPT.)

I
Burn more than you eat. Burn more than you eat.

II
f
Ah, _____ cal - o - ries. Ah, _____ cal - o - ries.

9

I
Ev' - ry day, to stay in shape, be sure to move your feet.

II
Ah, _____ Ah, _____ move your feet.

12. TO CODA (AFTER REPEAT ON D.S.)

(STOP CLAPS) **15**

I
sure to move your feet. Ev' - ry bod - y needs

II
Move your feet. Oh, _____



This work has exclusive online features tied to it. For more information, visit MusicK8.com

Burn More Than You Eat - 2

19

I cal - o - ries. Cal - o - ries are in our
II Cal - o - ries, oh, in our

23

I food. If we eat too man - y
II food, in our food. Oh,

27

I cal - o - ries, That's not ver - y health - y, that's not
II cal - o - ries. Oh,

(D.S. AL CODA)
(WIDE VIBRATO)

I good. Ooh!
II Ooh!

CODA

32

I feet. Ev' - ry day, to
II feet. Ah,

(LISTEN FOR CUT-OFF)

(STOP CLAPS)

I stay in shape, be sure to move your feet! Yeah!
II Move your feet! Yeah!

The Body Boogie

touch or point to body parts as they are mentioned:

Head and shoulders, knees and toes.

Eyes and ears and chin and nose.

Feet and hands and thighs and hips.

Elbows, tummy, fingers, lips.

move whole body freely (twist, bounce, sway, etc.):

Yeah, my whole body loves to boogie. My whole body loves to move.

That is why I like (*freeze*) the body boogie! (*resume movement*)

spoken:

Arms, legs, back, chest. The body boogie is the best!

sing:

That is why I like (*freeze*) the body boogie! (*resume movement*)

Head and shoulders, knees and toes.

Eyes and ears and chin and nose.

Feet and hands and thighs and hips.

Elbows, tummy, fingers, lips.

Yeah, my whole body loves to boogie. My whole body loves to move.

That is why I like (*freeze*) the body boogie!

(*continue movement as before*)

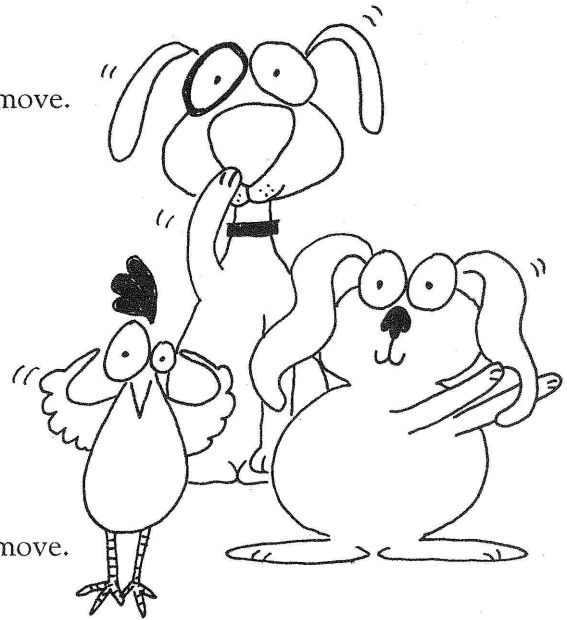
(*spoken solo: It's my favorite!*)

The body boogie! (*spoken solo: You can do it, too!*)

The body boogie! (*spoken solo: Just keep moving!*)

The body boogie! (*spoken solo: It's fun!*)

Boogie, yeah! (*freeze*)



The Body Boogie

MEDIUM BOOGIE WOOGIE (♩=120) (♩ = $\overset{\frown}{\text{♩}}$)

Teresa Jennings
arr. Paul Jennings

DRUMS
SET-UP

4 **5** *f* TOUCH OR POINT TO BODY PARTS AS THEY ARE MENTIONED

Head and shoul- ders, knees and toes.

9

Eyes and ears and chin and nose. Feet and hands and

thighs and hips. El - bows, tum - my, fin - gers, lips. Yeah,

13 MOVE WHOLE BODY FREELY (TWIST, BOUNCE, SWAY, ETC.)

my whole bod - y loves to boog - ie. My whole bod - y

17 FREEZE TO CODA

loves to move. That is why I like the bod - y

The Body Boogie - 2

RESUME MOVEMENT (21) (CONTINUE MOVEMENT) 2

boog-ie!

SPOKEN (25) 2

Arms, legs, back, chest.

(29) (SING)

The bod - y boog-ie is the best! That is why I

FREEZE (D.S. AL CODA)

RESUME MOVEMENT

like the bod - y boog-ie!

~~C~~ CODA

CONTINUE MOVEMENT AS BEFORE

spoken solo: It's my favorite!

solo: You can do it, too!

boog-ie! The bod - y boog-ie! The bod - y

(37) *solo: Just keep moving!* *solo: It's fun!* *FREEZE*

boog-ie! The bod - y boog-ie! Boog-ie, yeah!

The Oatmeal Song

(spoken solo, optional: And now, a public service announcement from The Oatmeal Advisory Board.)

Oatmeal! It's quick and easy, it's oatmeal!
You won't get queasy with oatmeal!
It's high in fiber and filling!

Oatmeal! It's good for weight control!
Oatmeal! Fits nicely in a bowl!
Oatmeal! Eat oatmeal today!

Have it with raisins. Brown sugar, too.
With milk it's mighty fine.

It's good for breakfast, or any meal.
Go grab your own bowl, 'cause you can't have mine!

Oh! Oatmeal! A golden opportunity!
Oatmeal! It boosts your immunity!
Oatmeal! It's quite delicious and healthy!

Oatmeal! Why, it's no accident!
Oatmeal has antioxidants!
Oatmeal! Eat oatmeal today!

Oatmeal! Eat oatmeal today!
Oatmeal! Eat oatmeal!
O-A-T-M-E-A-L spells oatmeal!
It's good!

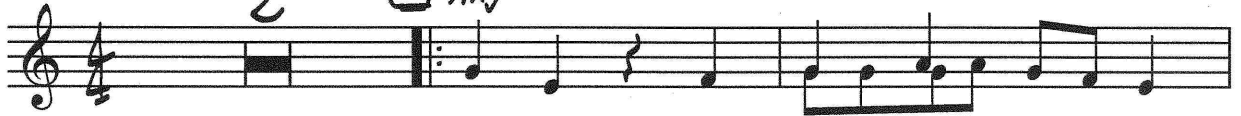


The Oatmeal Song

spoken solo:
And now, a
public service
announcement
from The Oatmeal
Advisory Board.

WHIMSICAL (♩=160) (♩ = $\frac{3}{4}$)  REPEAT ON D.S. ALSO
2 3 mf

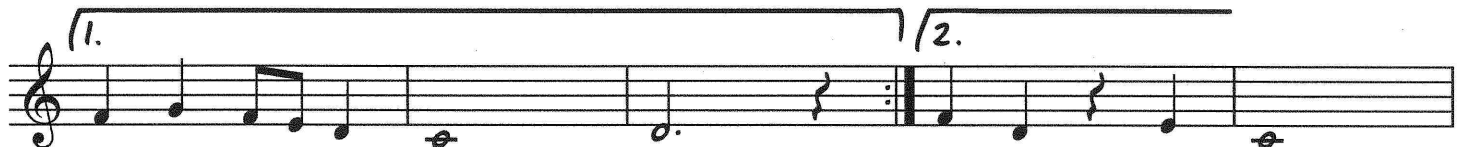
John Riggio



- | | | | | | |
|----------------|------|-----------|--------------------------|--------------------|------|
| 1. Oat - meal! | It's | quick | and | eas - y, | it's |
| 2. Oat - meal! | It's | good | for | weight con - trol! | |
| 3. Oat - meal! | A | gold - en | op - por - tu - ni - ty! | | |
| 4. Oat - meal! | Why, | it's | no | ac - ci - dent! | |



- | | | | | | | | |
|------------------|------|---------------------------|------|--------------------|-------|-------------|------|
| (1.) oat - meal! | You | won't | get | quea - sy | with | oat - meal! | It's |
| (2.) Oat - meal! | Fits | nice - ly | in | a | bowl! | Oat - meal! | Eat |
| (3.) Oat - meal! | It | boosts | your | im - mu - ni - ty! | | Oat - meal! | It's |
| (4.) Oat - meal | has | an - ti - ox - i - dants! | | | | Oat - meal! | Eat |



- | | | | | | | | |
|-----------------|-----------------|----------|-------------|-------------|--|-----------|--|
| (1.) high | in | fi - ber | and | fill - ing! | | | |
| (2.) oat - meal | | | | | | to - day! | |
| (3.) quite | de - li - cious | and | health - y! | | | | |



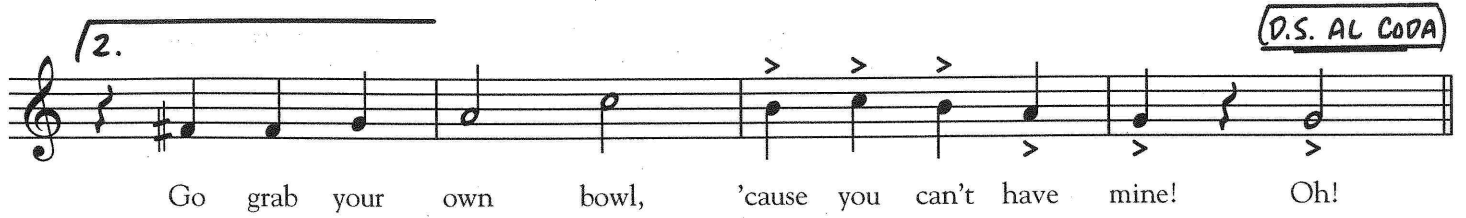
- | | | | | | | |
|------|------|------|---------------|--|-------|-----------|
| Have | it | with | rai - sins. | | Brown | sug - ar, |
| It's | good | for | break - fast, | | or | an - y |



- | | | | | | | |
|-------|--|------|------|------|-----------|-------|
| too. | | With | milk | it's | might - y | fine. |
| meal. | | | | | | |

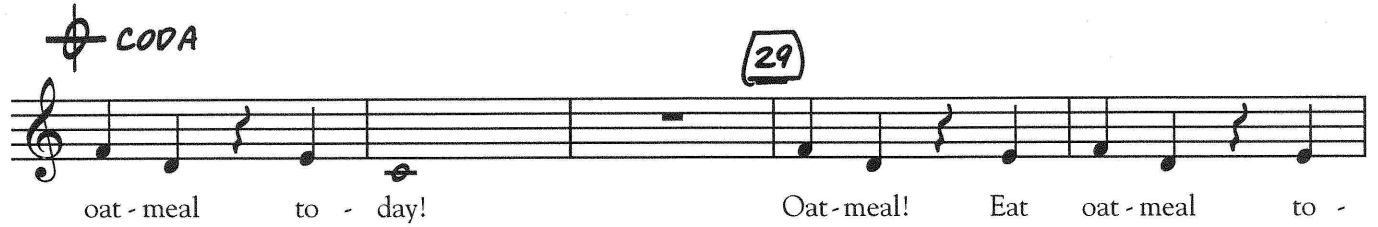
The Oatmeal Song - 2

2. D.S. AL CODA



Go grab your own bowl, 'cause you can't have mine! Oh!

~~CODA~~ 29

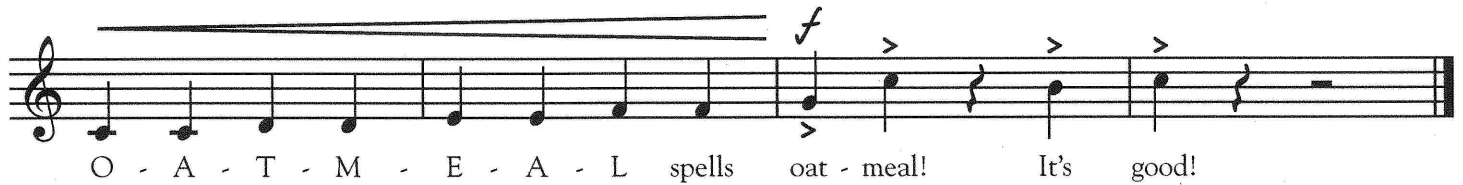


oat - meal to - day! Oat - meal! Eat oat - meal to -



day! Oat - meal! Eat Oat - meal!

f



O - A - T - M - E - A - L spells oat - meal! It's good!

Step by Step Lyrics

solo 1st time, (optional):

Step by step. Day by day. Getting better in my way.

Step by step. Day by day. Better in my way.

part 1:

Step by step, I'm standing tall. Step by step, I give my all.

Step by step, I carry on. Step by step, I'm stronger.

parts 1 & 2 (opt.):

Step by step. Here I go. Moving down the path I know.

Step by step. Here I go. Down the path I know.

Step by step, I'm standing tall. Step by step, I give my all.

Step by step, I carry on. Step by step, I'm stronger.

parts 1, 2, & 3 (opt.):

Step by step. One, then two. To myself I will be true.

Step by step. One, then two. To myself be true.

Step by step, I'm standing tall. Step by step, I give my all.

Step by step, I carry on. Step by step, I'm stronger.

Step by step, I'm standing tall. Step by step, I give my all.

Step by step, I carry on. Step by step, I'm stronger.

Step by step, I'm stronger.



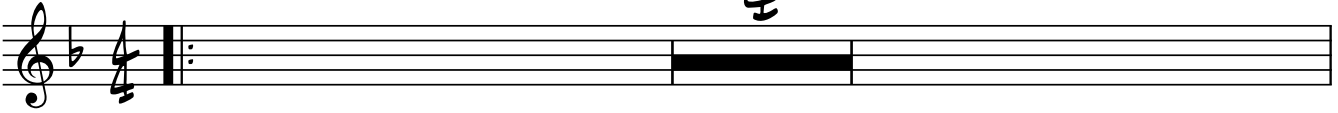
Step By Step

PROUDLY (♩=125)

4

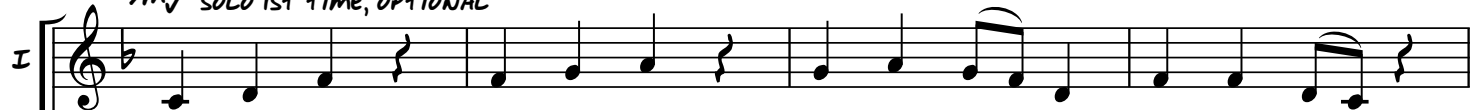
Teresa Jennings

4 CLICKS
(STICKS)



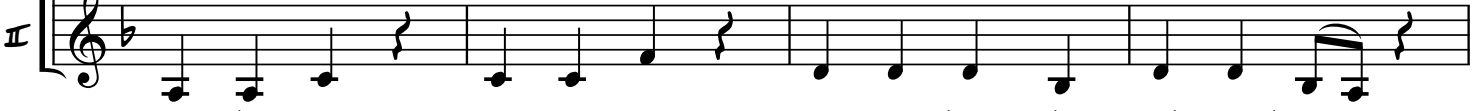
5

mf SOLO 1ST TIME, OPTIONAL



Step by step. Day by day. Get - ting bet - ter in my way.—
Step by step. Here I go. Mov - ing down— the path I know.—

mf SING 2ND TIME



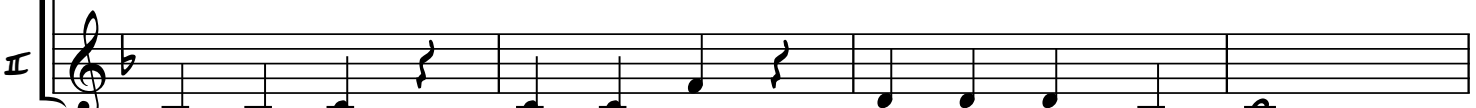
Step by step. Here I go. Mov - ing down the path I know.—

9

(END SOLO)



Step by step. Day by day. Bet - ter in— my way.
Step by step. Here I go. Down the path— I know.



Step by step. Here I go. Down the path I know.

13



Step by step, I'm stand - ing tall. Step by step, I give my all.



Step by step, I'm stand - ing tall. Step by step, I give my all.



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Step By Step - 2

17

I Step by step, I car - ry on. Step by step, I'm strong - er.

II Step by step, I car - ry on. Step by step, I'm strong - er.

Detailed description: This block contains the first system of music, measures 17 through 20. It features two staves, I and II, in a key signature of one flat (Bb). The melody consists of quarter and eighth notes. The lyrics are: "Step by step, I car - ry on. Step by step, I'm strong - er." The system ends with a double bar line and a sharp sign (#).

21

25

I Step by step. One, then two. To my - self— I

II Step by step. One, then two. To my - self I

III Step by step. One, then two. To my - self I

Detailed description: This block contains the second system of music, measures 21 through 28. It features three staves, I, II, and III, in a key signature of one sharp (F#). The time signature is 4/4. Measures 21-22 are marked with a 4/4 time signature and a fermata. Measures 23-28 are marked with a forte (f) dynamic. The melody consists of quarter and eighth notes with some rests. The lyrics are: "Step by step. One, then two. To my - self— I".

29

I will be true.— Step by step. One, then two. To my - self— be

II will be true.— Step by step. One, then two. To my - self be

III will be true. Step by step. One, then two. To my - self be

Detailed description: This block contains the third system of music, measures 29 through 32. It features three staves, I, II, and III, in a key signature of one sharp (F#). The melody consists of quarter and eighth notes with some rests. The lyrics are: "will be true.— Step by step. One, then two. To my - self— be".

Step By Step - 3

33 (1ST TIME, A CAPPELLA WITH DRUMS/PERCUSSION)

I true. Step by step, I'm stand - ing tall. Step by step, I

II true. Step by step, I'm stand - ing tall. Step by step, I

III true. Step by step, I'm stand - ing tall. Step by step, I

37

I give my all. Step by step, I car - ry on. Step by step, I'm

II give my all. Step by step, I car - ry on. Step by step, I'm

III give my all. Step by step, I car - ry on. Step by step, I'm

41

I strong - er. Step by step, I'm strong - er.

II strong - er. Step by step, I'm strong - er.

III strong - er. Step by step, I'm strong - er.