

MAKE IT EPIC

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Album Distribution Info:

TAGS: THE BIG EPIC SHOW, MAKE IT EPIC, KIDS BAND MINNESOTA, AMERICAN KIDS BAND

Album UPC Code: 1827849464096

MAKE IT EPIC: QZ-22B-18-58412

SUGAR CRUSH: QZ-22B-18-58413

PET SONG: QZ-22B-18-58414

FRUIT CHOP: QZ-22B-18-58415

PROUD: QZ-22B-18-58416

BIG KID PROBLEMZ: QZ-22B-18-58417

IF I CAN DO IT: QZ-22B-18-58418

BIG EPIC BANANA: QZ-22B-18-58419

VEGGIE JAM: QZ-22B-18-58420

SUPER EPIC HAPPY SONG: QZ-22B-18-58421

GOODNIGHT KID: QZ-22B-18-58422

Songlist:

MAKE IT EPIC

SUGAR CRUSH

PET SONG

FRUIT CHOP

PROUD

BIG KID PROBLEMZ

IF I CAN DO IT

BIG EPIC BANANA

VEGGIE JAM

SUPER EPIC HAPPY SONG

GOODNIGHT KID

MAKE IT EPIC

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Tonight we're gonna tear it up, spend some bucks, light it up, 'til we had enough
Go all out, hit the town, live out loud, we made it now
Wear our best, dressed to impress, shining brighter than the rest
Our time has come to have some fun, never still, we're on the run!

Chorus

We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!

Verse 1

Here comes THE BIG EPIC SHOW, comin' at ya fast
Dance in slow mo with The BIG EPIC Fans
Moms and dads and toddlers too
THE BIG EPIC SHOW is coming for you

You'll be laughin' while we're rappin'
Fist pumpin' it up in MinneaApple
Banana suits on, come and dance along
Puts your hands up, get ready!

TOO BIG! TOO EPIC!

Like a dinosaur dancin' on the floor
TOO BIG! TOO EPIC!
Kickin' down your door, gonna give you more

Miss Cherice and The Dream Team, drop the confetti
We'll make ya scream, so ya'll get ready
Cuz THE BIG EPIC SHOW gon pump that beat
So put your hands up and sing it with me

Chorus

We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!

We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!
We're gonna make it E-P-I-C EPIC BABY EPIC!

Verse 2

They call me Miss Cherice, ain't nobody like me
Coolest kid from here to jersey
Not working for the man, I'm the boss with a plan
I'm climbing to the top and I'm never gonna stop

THE BIG EPIC SHOW, we in the flow

We're loud and proud, we're kind of a crazy crowd
Light it up and let me see you jump, jump, jump!

Tonight's the night that we gonna get lit
Too legit, too legit to quit
In our prime, now's our time
Pump it up, you love our rhymes

Bridge

The EPICness, it blows your mind
Be EPIC now, you're out of time
You're feeling good, you're feeling fine
Let it out and make it shine!

The EPICness, it blows your mind
Be EPIC now, you're out of time
You're feeling good, you're feeling fine
Let it out and make it shine!

Break it down like what
Shake it down like what
Break it down like what
Shake it down like what

Take it up like what
Cake it up like what
Take it up like what
Cake it up like what!

MAKE IT EPIC!

SUGAR CRUSH

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Chorus

I gotta sugar crush (I gotta sugar crush)
I get a really big rush (I get a really big rush)
I just can't get enough (I just can't get enough)
Just pour them Coco Puffs (Pour them Coco Puffs)

I want them Oreos (Oreos), ice cream (ice cream) Lucky Charms (Lucky Charms), smoreos (smoreos)
Cookies, cookies, cake, cake, brownies, brownies, mix and bake
I gotta sugar crush, I gotta sugar crush!

Verse 1

My dad once told me that sugar was bad
So he took my Gushers and I felt so sad
I was like Dad! HEY! But they taste so good
Don't like them veggies, cuz they taste like wood!

He said, hey little MC, you listen to me
You are what you eat and it ain't no treat
Cuz your brain gets dazy and you get all crazy
Think you gotta problem, you're hittin' your bottom
I think you've had enough
No I haven't had enough!

Chorus

Cuz I gotta sugar crush (I gotta sugar crush)
I get a really big rush (I get a really big rush)
I just can't get enough (I just can't get enough)
Just pour them Coco Puffs (Pour them Coco Puffs)

I want them Oreos (Oreos), ice cream (ice cream) Lucky Charms (lucky charms), smoreos (smoreos)
Cookies, cookies, cake, cake, brownies, brownies, mix and bake
I gotta sugar crush, I gotta sugar crush!

Verse 2

Now how about you? Do you like them yummy sweets?
Shout it out to me, what's your favorite treat?!

Do you like chocolate fudge? Or Captain crunch?
Or frosting for lunch? Or Hawaiian Punch?

How about syrup on your pancakes? Fruity Pebbles, Frosted Flakes?
Or sugar straight from the can, pour it all in your hand
Life is so sweet, now sing out it with me

Chorus

We gotta sugar crush (We gotta sugar crush)
We get a really big rush (We get a really big rush)
We just can't get enough (We just can't get enough)
Now pour them Coco Puffs (Now pour them Coco Puffs)

We want them Oreos (Oreos), ice cream (ice cream) Lucky Charms (Lucky Charms), smoreos (smoreos)
Cookies, cookies, cake, cake, brownies, brownies, mix and bake
We gotta sugar crush, we gotta sugar crush, I gotta sugar crush, I gotta sugar crush!!

(Sugar crash!)

Bridge

Then the doctor said, you're only 10, if you don't stop with the sweets, you're gonna stop growin'!
So I put that last Gusher in my mouth, tasted that ooey gooey sweet center on my tongue, goodbye Sugar
Through all the highs and lows, we had some good times, but it's time for you to go
Say goodbye to your Gushers, say goodbye to your favorite sweet treat

But then the doctor said, you can still have fun
Just grab some fruit and you'll fall in love
There's bananas, apples, oranges, Cuties
Pineapples, watermelon, peaches so juicy
Just mix 'em up, put 'em in a blender
Make a shake and taste that sweeeeet yummy splendor (mmm that tastes good)

I guess it's about balance, you gotta eat that healthy stuff too
I don't know Doc, I think that's gonna be a challenge
Which one should I choose? The healthy stuff, or the sugar?

SUGAR!!!!!! SUGAR!!!!!! SUGAR!!!!!!

Chorus

I gotta sugar crush!
I get a really big rush (I get a really big rush)
I just can't get enough (I just can't get enough)
Now pour them Coco Puffs (Pour them Coco Puffs)

I want them Oreos (Oreos), ice cream (ice cream) Lucky Charms (Lucky Charms), smoreos (smoreos)
Cookies, cookies, cake, cake, brownies, brownies, mix and bake
I gotta sugar crush, I gotta sugar crush, we gotta sugar crush, we gotta sugar crush!!

SUGAR!!!!!!

PET SONG

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Let's start with your fishy
Who swims like this
Got cool fins and no eyelids
Not much bigger than a finger or a piece of lint
Doesn't do much but we still like him

Now let's swim to top and get some fish food
Sink to the bottom, mmm that taste good!
Now go hide in your castle, take a nap
Cuz oh no! Here comes the cat!

Who moves real slow and acts real sly
Got long whiskers cool glowy eyes
Gets to poop in the house and stay up all night
If you try to rub her belly, watch out! She may bite!

Let's play with the cat toy, bouncin' on the string
Play with the cat toy, bouncin' on the string
Now jump up to the shelf, way to the top
Cuz oh no! Here comes the dog!

Who's bouncin' bouncin' right up in your face
Gives ya lots of kisses, could lick ya all day
She'll eat anything you put in her way
Sniffs your jeans, then pees on your leg

Now jump in the pool and do a doggy paddle
Jump in your pool, do a doggy paddle
Now shake your tail and do a wiggle waggle
Shake your tail and do a wiggle waggle

Then the hamster, hamster, running in his cage
Round and round in his wheel all day
Makes a cool nest in the corner with hay
Then plays in his tubes, goes every which way

Now we're rollin' in our ball, rollin' in our ball
Rollin' in our ball, rollin' all around
We're rollin' in our ball, rollin' in our ball,
Rollin' in our ball and we're rollin' all around

Then the snake, snake, better stay awake
Slithers side to side, right toward your face
She sticks out her tongue, to feel all around
Then she'll slide into a hole, then she can't be found

Now slither all around, side to side
Slither all around, side to side
Slither all around, side to side
Open your mouth cuz here comes the

Bunny, bunny
So cute and fuzzy
The bunny, bunny
So cute and fuzzy

Now let's hop, hop, like ya just can't stop
Hop, hop, like ya just can't stop
Hop, hop, like ya just can't stop
Hop, hop, now let's take it from the top

And swim through the waves and get some food
Sink to the bottom, mmm that taste good
Now go hide in your castle, take a nap
Cuz oh no! Here comes the cat!

Who plays with a cat toy, bouncin' on the string
Play with the cat toy, bouncin' on the string
Now jump up to the shelf, way to the top
Cuz oh no! Here comes the dog!

Who jumps in the pool and does the doggy paddle
Jumps in the pool, does the doggy paddle
Now shake your tail, and do a wiggle waggle
Shake your tail, and do a wiggle waggle with the

Hamster, hamster, rollin' in a ball
Rollin' in a ball, rollin' all around
Hamster, hamster, rollin' in a ball
Rollin' in a ball, rollin' all around

Then the snake, snake, slither all around
Slither all around, side to side
Now slither all around, side to side
Open your mouth, cuz here comes the

Bunny hop, like ya just can't stop
Bunny, hop, like ya just can't stop
Hop, hop, like ya just can't stop
Hop, hop, like ya just can't stop!

Now do your favorite pet move, do your favorite pet move
Fish, cat, or doggy groove
Hamster, snake, or bunny too

You can dance with your pet cuz they really love you

FRUIT CHOP

Sound Recording by Chirp Music Co. ©

Music by Cherice Mahal

Lyrics and Vocals by Cherice Mahal, Jeff Grady, and Lisa Senopole

Copyright THE BIG EPIC SHOW ©

Chorus

You take the apple and you go CHOP CHOP!
Take the banana and you go CHOP CHOP!
Take the orange and you go CHOP CHOP!
Take the pineapple, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Then you take the strawberry, go CHOP CHOP!
Then you take the watermelon, go CHOP CHOP!
Then you take the blueberry, go CHOP CHOP!
Then you take the kiwi, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Verse 1

What is red and shiny, has seeds in it?
Juicy, crispy, crunchy, fine it is
Sometimes it's got a leaf and stem
Sometimes it's got worms in them (Eww!)
Now bite down, and taste the glory
Of a great fruit, with an EPIC story
Grew in a tree like 6 feet tall
Through the storm it braved it all
You're our hero, shake the tree, make it fall
Into our mouths, no shame at all
You can put it in a fruit bowl
Eat it in chunks or as a whole

Hey Apple! (Oh hi there!)
Hey Apple! (I'm shy)
Hey Apple! (But I'm crispy crunchy!)
Hey Apple! (And you can eat me!)

Chorus

You take the apple and you go CHOP CHOP!
Take the banana and you go CHOP CHOP!
Take the orange and you go CHOP CHOP!
Take the pineapple, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Then you take the strawberry, go CHOP CHOP!
Then you take the watermelon, go CHOP CHOP!
Then you take the blueberry, go CHOP CHOP!
Then you take the kiwi, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Verse 2

This fruit is long and yellow, pretty mellow
Gotta a rind on the outside, smushy on the inside
Sometimes you eat it in a peel
Or slice it up, and put it in oatmeal
Goes great with peanut butter
Kinda funny looking, like no other
Just like the apple, it grew on a tree
In a bunch, with the others, it grew happily

Love the banana! (Makes us jama!)
Love the banana! (Makes us jama!)
Love the banana! (Makes us jama!)
Love the banana! (Makes us jama!)

Wussup Banana! (Hey that's me!)
Wussup Banana! (Hangin' in a tree!)
Wussup Banana! (Peel me, peel me!)
Wussup Banana! (Eat me, eat me!)

Chorus

You take the apple and you go CHOP CHOP!
Take the banana and you go CHOP CHOP!
Take the orange and you go CHOP CHOP!
Take the pineapple, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Then you take the strawberry, go CHOP CHOP!
Then you take the watermelon, go CHOP CHOP!
Then you take the blueberry, go CHOP CHOP!
Then you take the kiwi, go CHOP CHOP!

Shake your booty like ya just can't stop!
Shake your booty like ya just can't stop!
Jump up and down and go hip-hop!
Jump up and down and go hip-hop!

Verse 3

Green on the outside, red on the inside
Tastes so good, I'll have it tonight
Some have seeds and some do not
Watermelon, I like you a lot!

Grew in the garden, in the ground
Dig it up, looks so round
Hug it, hold it, take it home
Cut it up, don't eat it alone!

Now take a bite (Let the juices flow!)
Take a bite (Let the juices flow!)
Take a bite (Let the juices flow!)
Take a bite (Let the juices flow!)

Yo Watermelon! (Hey wussup?)
Hey Watermelon! (Hey how you doin'?)
Wussup Watermelon! (I'm rollin' rollin'!)
Hey Watermelon! (I'm juicy, juicy!)

Bridge

Apples, bananas, watermelon, make a fruit salad, put them in!
Apples, bananas, watermelon, make a fruit salad, put them in!
Apples, bananas, watermelon, make a fruit salad, put them in!
Apples, bananas, watermelon, make a fruit salad, put them in!

I didn't know eating healthy food could be so, so, so, so much fun!
We like fruit, we like fruit, we do yeah, so pu, pu, pu, PUMP IT UP!

CHOP CHOP!

(Fruit After Party)

PROUD

Sound Recording by Chirp Music Co. ©
Music and Lyrics by Cherice Mahal
Vocals by Cherice Mahal, Jeff Grady, and Lisa Senopole
Copyright THE BIG EPIC SHOW ©

Chorus

Cuz we're P-R-O-U-D! PROUD, PROUD, shout it out loud!
We're P-R-O-U-D! PROUD to be you and me!
We're P-R-O-U-D! PROUD, PROUD, shout it out loud!
We're P-R-O-U-D! PROUD to be you and me!
We're P-R-O-U-D! (PROUD!)

Verse 1

Yeah we're proud, proud, turn it up now
But the people over there like quiet down now!
But we can't and we won't and we shouldn't hold it in
Cuz we are who we are so we always gonna win!

Today my hair is pink, tomorrow could be blue
What color's your hair? Come rock it with me too!
Yours is curly, mine is straight
Yours sticks up high, we're different but the same

Love the inner and the outer, love the colors that you shimmer
Love your spots and your stripes, whether you're bigger or you're thinner
You're dark like a panther, tan like a lion, light like a leopard, black and white like a panda!

Your shapes and your colors are a part of what they see
Know that you're EPIC and you're always cool to me

Chorus

Cuz we're P-R-O-U-D! PROUD, PROUD, shout it out loud!
We're P-R-O-U-D! PROUD to be you and me!
We're P-R-O-U-D! PROUD, PROUD, shout it out loud!
We're P-R-O-U-D! PROUD to be you and me!
We're P-R-O-U-D! (PROUD!)

Verse 2

Don't look like them models in them Vogue magazines
Not my eyes, or my nose, or the size of my jeans
Proud to be different, let my EPICness show
Ask me to change, then I'm gonna say NOOO!

Same goes for neighborhood that I live in
Or the number of my parents or the color of my skin
Or the way that I walk, laugh, sing, or how I talk
Being different is cool, shouldn't come as a shock

Love your inner and your outer, love the colors that you shimmer
Love your spots and your stripes, whether you're bigger or you're thinner
You're dark like a panther, tan like a lion, light like a leopard, black and white like a panda!

Your shapes and your colors are a part of what they see
Know that you're EPIC and you're always cool to me

Bridge

Love your inside, outside, the colors that you wear
Spots and your stripes, and the style of your hair
Be proud of who you are, no matter what they see
And know that you're EPIC and you're always cool to me

Chorus

Cuz we're P-R-O-U-D. PROUD, PROUD, take it down now
We're P-R-O-U-D. PROUD, just a little louder now
P-R-O-U-D! PROUD, PROUD, bring it up now!
P-R-O-U-D! PROUD, PROUD, shout it out now!

We're P-R-O-U-D! We're P-R-O-U-D!!!

BIG KID PROBLEMZ

Sound Recording by Chirp Music Co. ©
Music and Lyrics by Cherice Mahal
Vocals by Cherice Mahal, Jeff Grady, and Lisa Senopole
Copyright THE BIG EPIC SHOW ©

Chorus

This homework's hard, my bus is late
I can't drink pop or stay up late
My smartphone stinks, I need a car
I need Starbucks, man my life is hard!

We got BIG KID PROBLEMZ!
Sneakers that we're wearing, are like, are like, so last year!
We got BIG KID PROBLEMZ!
Our parents, they won't even let us swear!
Too much homework, I can't take the pressure!
We got BIG KID PROBLEMZ!
Yo, I'm stressed, let's go get a manicure...

Verse 1

Sometimes we got problems that we gotta talk about
No new toys and it makes us wanna shout!
Now SCREAM! (AHHHHH!!)

Or when bro or sis won't share the remote
No TV time and it makes us wanna pout!
Now show us your pouty face and STOMP, STOMP, STOMP!

And dad makes chicken two days in a row
All soggy and gross and it makes us wanna throw it out!
Now throw out that leftover chicken (BAGAK!)

K we got it pretty good and these problems are small
But still we got feelings and we gotta get 'em out!
Gonna shout out to the world 'til we get it our way
Cuz life is hard and we had a rough day!

Chorus

We got BIG KID PROBLEMZ!
Sneakers that we're wearing, are like, are like, so last year!
We got BIG KID PROBLEMZ!
Our parents, they won't even let us swear!
Too much homework, I can't take the pressure!
We got BIG KID PROBLEMZ!
Yo, I'm stressed, let's play Pokemon Go!

Verse 2

Now we gotta learn math and we gotta stay cool
Gotta eat the school lunch and follow all the rules
Ya know they let us out for a short recess
Then it's back to the books so we get no rest!

The lunch lady serving that mystery meat
No hair net or socks on her feet
Gotta eat the school lunch, so I plug my nose
Then the rest of the food goes straight on your clothes! (Food Fight!!)

Chorus

Sneakers that we're wearing, are like, are like, so last year!
We got BIG KID PROBLEMZ!
Our parents, they won't even let us swear!
We got BIG KID PROBLEMZ!
Too much homework, I can't take the pressure!
We got BIG KID PROBLEMZ!
Yo, I just can't take it anymore!

Bridge

Now put your hands up
If you think the school year runs too long
Put your hands up
If the answers on your tests are wrong
Put your hands up
If your favorite class is art and recess
Put your hands up
If you think that summer vacation is the best! (School's out!!)

Chorus

This homework's hard, my bus is late
I can't drink pop or stay up late
My smartphone stinks, I need a car
I need Starbucks, man my life is hard!

We got BIG KID PROBLEMZ!
Sneakers that we're wearing, are like, are like, so last year!
We got BIG KID PROBLEMZ!
Our parents, they won't even let us swear!
Too much homework, I can't take the pressure!
We got BIG KID PROBLEMZ!

Mom: Honey, the pizza's here
Miss Cherice: Mmm pizza, yummy. Coming Mom! I guess my life's not that hard :)

IF I CAN DO IT YOU CAN DO IT

Sound Recording by Chirp Music Co. ©
Music by Cherice Mahal and Jeff Grady
Lyrics and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Chorus

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it to it

Now walk it to the right, clap
Walk it to the left, clap
Walk it to the front, clap
Walk it to the back, clap

Now dip it low, back and forth, dip it low down to the floor
Dip it low, back and forth, dip it low down to the floor

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it move it

Now walk it to the right, clap
Walk it to the left, clap
Walk it to the front, clap
Walk it to the back, clap

Now dip it low, back and forth, dip it low down to the floor
Dip it low, back and forth, dip it low down to the floor

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it to it

Verse 2

Yo, I just wanna dance, I just wanna dance
Wanna let it all out, but they say that I can't
Turn it down, turn it down, thats what they say
But I just keep bumping and blast it their way!

So throw it up, throw it up
Like you've had enough
Don't care what they think, just silence their ringtone
Know that you got the beat inside of you
Let it flow out and do these dance moves

Take it back, take it back, jump and clap
Take it back, take it back, jump and clap
Bring it up, bring it up, do a fist pump
Bring it up, bring it up, and do a fist pump

Now go in slow motion, like you drank magic potion
Now go in slow motion, like you drank magic potion

Chorus

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it to it

Now walk it to the right, clap
Walk it to the left, clap
Walk it to the front, clap
Walk it to the back, clap

Now dip it low, back and forth, dip it low down to the floor
Dip it low, back and forth, dip it low down to the floor

Verse 2

Gimme that, gimme that, gimme that beat
Shine that limelight straight on me
Drop it hard and drop it fast
Pump it loud and make it last

Go ahead, bring it on, make my day
Blah blah blah! Can't hear what you say
Get out of the way and make some space
Imma throw some dance moves in your face!

Move those feet and shuffle those sneaks
Move those feet and shuffle those sneaks
Move those feet and shuffle those sneaks
Move those feet and shuffle those sneaks

Left foot forward, back and sweep
Right foot forward, back and sweep
Left foot forward, back and sweep
Both feet center, dance with me

Verse 3

Get down low and make it snap
Get down low and make it snap
Get down low and make it snap
Get down low and make it snap

Now bring it up, snap and make it clap
Bring it up, snap and make it clap
Bring it up, snap and make it clap
Bring it up, snap and make it clap

Now snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump

Now snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump

Now get down low and make it snap
Get down low and make it snap
Get down low and make it snap
Get down low and make it snap

Now bring it up, snap and make it clap
Bring it up, snap and make it clap
Bring it up, snap and make it clap
Bring it up, snap and make it clap

Now snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump
Snap it, clap it, do a fist pump

Now snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump
Snap it, clap it, fist pump, jump!

Chorus

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it to it

Now walk it to the right, clap
Walk it to the left, clap
Walk it to the front, clap
Walk it to the back, clap

Now dip it low, back and forth, dip it low down to the floor
Dip it low, back and forth, dip it low down to the floor

If I can do it you can do it
Throw your hands up move it to it
If I can do it you can do it
Throw your hands up move it, move it!

THE BIG EPIC BANANA

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Chorus

There once was a BIG EPIC BANANA
Who was proud and yellow and bright she was
She lived in a tree in a bunch with her family
They were green and she was ripe so she had to leave

Then she wiggle, wiggle, wiggled and jumped right out of the tree
And landed right on her feet, said goodbye to her family
She wiggle, wiggle, wiggled and jumped right out of the tree
And landed right on her feet and started her journey, come on!

She walked, walked, walked and she climbed, climbed, climbed
And she swam, swam, swam 'til the end of time
Through the jungle and the valley, she never dilly dallied
Through the sun and the rain and the snow and the cold

This is the story of THE BIG EPIC BANANA
Listen closely now cuz I'm gonna tell ya once

Verse 1

At the start of her journey, she ran into a monkey
The monkey looked hungry, licked his lips and rubbed his tummy
So the Banana said to the monkey, Hey! You don't want to eat me!
Cuz if you eat me you'll completely miss out dancing to this beat!

So they both wiggle, wiggled and dropped it to the ground
Then their arms got jumpy, they bounced 'em all around
They both wiggle, wiggled and dropped it to the ground
Then their arms got jumpy, they bounced 'em all around

Then they threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky

And that was all he needed, just a dance, then she could leave
Then she waived goodbye to the monkey, kept walking on her journey

Verse 2

Then the banana climbed to the mountain top where she ran into a furry fox
The fox looked lost and had no groove so she showed him one of her new moves

Then they both shook their booty like a chocolate chip smoothy
Then they swirled all around, jumped up and jumped down
They both shook their booty like a chocolate chip smoothy
Then they swirled all around, jumped up and jumped down

Then they brought it down and then they dropped it
Brought it up and then they popped it
They brought it down and then they dropped it
Brought it up and then they popped it!

Then she waived goodbye to the furry fox
A job well done, now she's on top
But she felt lonely cuz missed her old bunchy family

Bridge

And after walking lots of miles, the banana got tired
It was time to settle in and find a brand new bunch
But who did she see, but the fox and the monkey!
They became her new family, but the fun was not done!

Then they all wiggle, wiggled, and dropped it to the ground
Then their arms got jumpy, they bounced 'em all around.
Then they all wiggle, wiggled, and dropped it to the ground
Then their arms got jumpy, they bounced 'em all around.

Then they threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky
Threw it high, threw it low, waived it in the sky

Then they all shook their booty like a chocolate chip smoothy
Then they swirled all around, jumped up and jumped down
They all shook their booty like a chocolate chip smoothy
Then they swirled all around, jumped up and jumped down

Then they brought it down and then they dropped it
Brought it up and then they popped it
They brought it down and then they dropped it
Brought it up and then they popped it!

Chorus

That was the story of THE BIG EPIC BANANA
Who was proud and yellow and bright she was
She lived in a tree in a bunch with her family
They were green and she was ripe so she had to leave

So she wiggle, wiggle, wiggled and jumped right out of the tree
Couldn't wait to start her BIG EPIC journey!

She walked, walked, walked and she climbed, climbed, climbed
And she swam, swam, swam 'til the end of time
Through the jungle and the valley, she never dilly dallied

Through the sun, and the rain, and the snow, and the cold

That was the story of THE BIG EPIC BANANA
Listen closely now cuz I'm gonna tell ya once

VEGGIE JAM

Sound Recording by Chirp Music Co. ©
Music by Cherice Mahal
Lyrics by Cherice Mahal and Jeff Grady
Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Verse 1

Here comes the veggie who's orange and tall
Carrot, crunchy, snappy, he's got it all
Sometimes you eat him raw, nothin' on top
Sometimes you need to dress him up with some ranch, blue cheese, anything you please
Take a swim in veggie dip
Got nutrients, that'll please your parents, won't need vitamins yeah he's legit!

Hey Carrot!
(Oh hi ya'll I'm snappy fellow)

Hey Carrot!
(Put me in some veggie dip and let's go for a swim)

Hey Carrot!
(I brought kids, my baby carrots)

Hey Carrot!
(Hey kids!! It's time for dinner! Lets get back on that broccoli boat.
But watch out for them tater gators and cucumber crocodileys!)

Chorus

Do the veggie jam
Move your legs side to side
Do the veggie jam
Clap your hands way up high

Do the veggie jam
Criss cross your feet just like this
Do the veggie jam
Jump up and down and do a spin

Do the veggie jam
It's the veggie jam

Verse 2

Here comes the little green tree, famous Broccoli
Got spouts and a stem, she's a gem
She grows in a bunch and her hair is permed
We eat her raw, or steam, fry her

Don't mistake her for the green giant
Melt some cheese on her, yeah she really likes it
Put her in soup, where she can swim
Sip her up and you will win

Hey Broccoli!
(Is it weird that my skin is green?)

Hey Broccoli!
(Do you think my green perm is too 80's?)

Hey Broccoli!
(Nobody eats my stem, do I taste bad?)

Hey Broccoli!
(My best friend's name is cheese. Mmm cheese...melt some on me! Yummy yummy!!)

Bridge

Then you got the Onion, Onion
Not talking 'bout the Funyun, Funyun
He's a real nice guy, yeah he's a real nice guy
But if you get him in your eye, he'll make you cry!

He's a sensitive type, peel back his layers
See what's inside, taste all of the flavors
He don't mind if you chop him up
Toss him up, fry him up, put him on top
Of a hamburger, salad, or stir fry
He's the greatest and you know why
He's the guy that'll get the party pumpin'
#1 veggie, give it up for the onion!

Hey Onion!
(Eh! How you doing? You wanna peel my layers?)

Are you a Funyun?!

(Eh! No I ain't no Funyun, I'm the real thang!)

Hey Onion!
(Eh! How you doing?)

Are you a Funyun?!

(Eh! I already told you, I ain't no Funyun, I'm the real thang!)

Now put all them veggies in a stir fry, heat 'em up, it's a party tonight
Put all them veggies in a stir fry, heat 'em up, it's a party tonight
Put all them veggies in a stir fry, heat 'em up, heat 'em up, party tonight
Put all them veggies in a stir fry, heat 'em up, it's a party tonight

So jump!
Jump to the beat of the Veggie Jam!
Now jump!
Jump to the beat of the Veggie Jam!

Now pump it up, pump it up!
Pump it up to the beat of the Veggie Jam
Now pump it up, pump it up!
Pump it up to the beat of the Veggie Jam

Now march, march!
March to the beat of the Veggie Jam
Come on, march, march!
March to the beat of the Veggie Jam

Now jump, jump!
Jump up to the beat of the Veggie Jam
Jump, jump!
Jump up to the beat of the Veggie Jam

Now pump it up, pump it up!
Pump it up to the beat of the Veggie Jam
I said pump it up, pump it up!
Pump it up to the beat of the Veggie Jam

Now march, march!
March to the beat of the Veggie Jam
I said march, march!
March to the beat of the Veggie Jam, come on!

SUPER EPIC HAPPY SONG

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Chorus

This is your Super EPIC Happy Song
It's easy, you can dance along
Just clap your hands up high like this
And sway your hands in the sky like this
Super EPIC Happy Song
Super EPIC Happy Song

Verse 1

When you're kinda down, you're feeling really sad
Just bump this song and you will feel glad
Remember you are EPIC and don't you forget it
We're glad we met you and you're our friend!

Now life is hard, ya got some emotions
Nothing makes it better, there's no magic potion
Got homework, failed your test again
Your sports team lost and ya never seem to win

When you look around, ya got friends that love ya
Got a lot to give, you're always good enough
Got a purpose on this earth, keep your head up high
Time to break out, let your bright soul shine!

Chorus

This is your Super EPIC Happy Song
It's easy, you can dance along
Just clap your hands up high like this
And sway your hands in the sky like this
Super EPIC Happy Song
Super EPIC Happy Song

Verse 2

Now you're feeling better and you're getting in the groove
The sun is coming out and it's shining on you
Shake it out, shake it out, let it flow through
Get your tushy going and do these moves

Now Ami to the front, Ami all around
Ami to the back, Ami all around
Uwehe in place, on your heels
Uwehe in place, lift your kneels

Now make some ocean waves to the right
Make some ocean waves to the left
Make some ocean waves up and down
Make some ocean waves all around

Hands on your heart (And show me some love)
Hands on your heart (And show me some love)
Hands on your heart (Show me some love)
Hands on your heart (Show me some love)

Now freestyle, show off your Hula moves
Freestyle, you're in the groove

Chorus

This is your Super EPIC Happy Song
It's easy, you can dance along
Just clap your hands up high like this
And sway your hands in the sky like this
Super EPIC Happy Song
Super EPIC Happy Song

Hope you feel a little better
Whatever the weather, we'll be friends forever
Hope you feel a little better
Rain or shine, we'll weather it together
Be Happy.

GOODNIGHT KID

Sound Recording by Chirp Music Co. ©
Music, Lyrics, and Vocals by Cherice Mahal
Copyright THE BIG EPIC SHOW ©

Chorus

Goodnight Kid, you're going to bed
Goodnight Kid, you're a sleepy head
Goodnight Kid, you're my best friend
Goodnight Kid, we'll play again
Goodnight Kid, goodnight Kid
Goodnight Kid, goodnight Kid

Verse 1

Put your PJs on, put your PJs on
Flannel, cotton, wool, you can't go wrong
Now brush your teeth, brush your teeth, brush 'em with me
Use bubble gum toothpaste and get 'em really clean

The sun went down and it's time to go to sleep
You're going off to La La Land, you're gonna count sheep
Count 'em with me, count 'em with me, 1-2-3
Count 'em with me, count 'em with me, 1-2-3

And your eyelids feel like they're lifting weights
Cuz you had a fun time, you had a busy day
Hug your favorite stuffed bear if you're feelin' kinda cranky
Now climb under the sheets and grab your favorite blankie

Chorus

Goodnight Kid
Goodnight Kid
Goodnight Kid
Goodnight Kid
Goodnight Kid

Verse 2

It's story time, it's story time
Let's read your favorite book, read every single line
Once upon a time in a magical land
There was a cool Kid in a castle so grand

She had a pet dragon who could fly above the clouds
Together, they flew, they flew all around town
She wore a shiny crown and a flowy dress with sneakers
When she went to the village, the people'd always greet her

And then a mean king tried to take over her kingdom
So she roared up high with a harp on her dragon
She played the sweetest music that ya ever did hear
That made the king drop his sword and cower down with fear

Bridge

And the king bowed down to the Kid, the true queen
He thanked her for her music, fell into a deep sleep

And everyone cheered to the music and danced
What a happy ending now, let's fall into a trance

Big Z's, little Z's, snoring out loud
You're falling asleep, no turning back now
Big Z's, little Z's, snoring out loud
You're falling asleep, no turning back now

Now make your sleepy noise, do it like with me (Snorey noises)
Yawn really big, stretch your arms above your head
Melt into your pillow and fall asleep

Keep your eyes closed, now you're starting to dream

Keep your eyes closed, now you're starting to dream
Goodnight Kid
Goodnight Kid

Chorus

Goodnight Kid, you're going to bed
Goodnight Kid, you're a sleepy head
Goodnight Kid, you're my best friend
Goodnight Kid, we'll play again
Goodnight Kid, goodnight Kid
Goodnight Kid, goodnight Kid

