

# Chomp Stomp

Tom Lieberman

E

This is my friend, His name is Chomp. He loves to dance and play and romp. He

5

pow-ers up, Like you and me, To be the ver-y best car-rot that he can be.

9

E

Chomp with your arms, Chomp with your feet, Just keep on mov-ing to the Pow-er Up beat.

13

A

Hey, Look at you! You're do-ing the Chomp, With a shake and a slide and a

16

B<sup>7</sup> E

stomp. *Just do the Chomp!* Do the Chomp with your arms and feet. *Just do the*

19

*Chomp!* Do the Chomp to the Pow-er Up beat. *Just do the Chomp!* Move your bo-dy in

22

A B<sup>7</sup>

ev -'ry way. *Just do the Chomp!* Do the Chomp dance ev -'ry day. *Just do the*

25

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*Chomp!* Do the Chomp with your arms and feet. *Just do the*

27

*Chomp!* Do the Chomp to the Pow-er Up beat. Move your bod -y like your

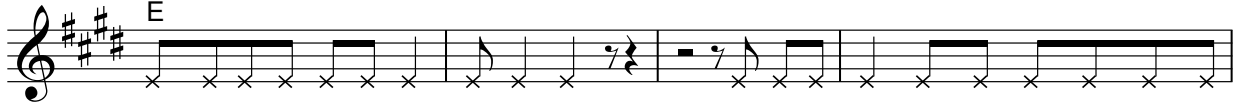
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A B<sup>7</sup> E

bud-dy Chomp, With a shake and a slide and a stomp.

## Chomp Stomp

34



Come on ev-'ry bod-y let's count it down! We try for five fruits and veg-gies each and

38



ev - er - y day; Count to four or more col-ors and you're on your way. When you

41



eat three meals you are run-ning right. No more than two hours of screen time; Get that

44



nat - ur - al light. At least one hour of play to help you get a-head; And ze - ro

47



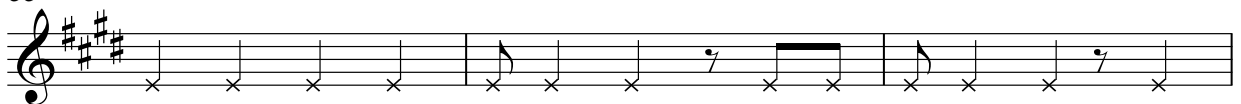
sug - ar - y drinks; Just reach for wat - er in - stead. You have what it takes to be

50



on this team: To do, to try, to dream! Let's be like Chomp and try new things, And

55



see what ev - 'ry new day brings. When you pow - er up, Soon

58



you will see, You're the ve - ry best you that you can be.

# Chomp Stomp

61 E

Chomp with your arms, Chomp with your feet. Just keep on mov-ing to the Pow-er Up beat.

65 A

Hey, look at you! You're do-ing the Chomp! With a shake and a slide and a

68 B7 E

stomp. *Just do the Chomp!* Do the Chomp Stomp rain or shine. *Just do the*

71

*Chomp!* 'Cuz the Chomp keeps you feel-ing fine. *Just do the Chomp!* Move your bod-y in

74 A B7

ev - 'ry way. *Just do the Chomp!* Do the Chomp dance ev - 'ry day. *Just do the*

77 E

*Chomp!* Do the Chomp with your arms and feet. *Just do the Chomp!* Do the Chomp to the

80

Pow - er Up beat. Move your bod - y like your

82 A B7 E

bud - dy Chomp, With a shake and a slide and a stomp.