

# STEP IT UP FOR SPORT RELIEF



*Words and Music by Mark and Helen Johnson*

**1** Friday's come, let's have fun,  
It's the nation's favourite sports day.  
Tie your shoes, time to move,  
Come on everyone!

**2** Run a mile, dance with style,  
It's the nation's favourite sports day.  
Cycle, swim, do your thing,  
Come on everyone!

We can make a difference if we join the fun and games!

## Chorus

Kick to the left, back with a glide,  
Come on everybody do a deep-sea dive!  
Limbo forward, knees up high,  
Do the hoola-hoola for the longest time!

**(Repeat)**

Do the hoola-hoola for the longest time!

**Repeat Verses 1 & 2 plus CHORUS (with harmony)**

## Bridge

Step it up, step it up, don't stop!  
Do your best, give it all you've got,  
Tell yourself you can go to the furthest limit.

Work it out, work it out, let's go!  
Push yourself from your head to toe,  
Take it up just a notch for a perfect finish.

**(Spoken) Take it up, take it up!**

## Sing Together

### Chorus

Kick to the left, back with a glide,  
Come on everybody do a deep-sea dive! Limbo  
forward, knees up high,  
Do the hoola-hoola for the longest time!

Kick to the left, back with a glide,  
Come on everybody do a deep-sea dive! Limbo  
forward, knees up high,  
Do the hoola-hoola for the longest time!

**(Repeat, replacing last line with 'FINISH')**

### Bridge

Step it up, step it up, don't stop!  
Do your best, give it all you've got,  
Tell yourself you can go to the furthest  
Limit!

Work it out, work it out, let's go!  
Push yourself from your head to toe,  
Take it up just a notch for a perfect  
Finish!

**(Repeat)**