

Dads dance, dads dance

Sad bad dads dance

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Do a sad bad dads dance

Foot up foot down up down up down

Even while you're turning round

Arms out sideways, wave

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Time for a frantic little rave

Is it a swift foot shuffle

Or a quick little scuffle?

Act like a clown

Jump up and down

Come on Mum

Let's have some

Show you're a sixties man

Do silly things with your hands

We used to do the twist

And it went like this

