

Body Movin'

Words and Music by BEASTIE BOYS,
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Moderate beat

INTRO

Am D Am D

mf

Am D Am D/A

REFRAIN 1

Am D Am D

Am D Am D

LOOP 1

B♭m Eb B♭m Eb

Loop 1 consists of two measures. The first measure has a B♭m chord in the guitar and a piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3. The second measure has an Eb chord (3fr) in the guitar and a piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3. The piano accompaniment is in G minor (two flats).

BRIDGE 1

B♭m Eb

Bridge 1, first measure: B♭m chord in guitar, piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3.

REFRAIN 2

B♭m Eb

Refrain 2, first measure: B♭m chord in guitar, piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3.

B♭m Eb B♭m Eb

Bridge 1, second measure: B♭m chord in guitar, piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3.

BRIDGE 2

B♭m Eb

Bridge 2, first measure: B♭m chord in guitar, piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3.

B♭m Eb B♭m Eb

Bridge 2, second measure: B♭m chord in guitar, piano accompaniment starting with a quarter note G2, followed by eighth notes A2-B2, C3-D3, E3-F3, and a quarter note G3.

LOOP 3

Musical notation for Loop 3, featuring a treble and bass staff with a key signature of three flats and a 4/4 time signature.

BRIDGE 4

Musical notation for Bridge 4, featuring a treble and bass staff with a key signature of three flats and a 4/4 time signature.

Continuation of musical notation for Bridge 4, featuring a treble and bass staff with a key signature of three flats and a 4/4 time signature.

ENDING

Musical notation for the first part of the ending, including guitar chord diagrams for Bbm, Eb, and Eb with 3 frets.

Musical notation for the second part of the ending, including guitar chord diagrams for Bbm, Eb, Bbm/Db, Bbm, Ab, Eb/G, Bbm, Eb, Bbm/Db, Bbm, Ab, and Eb/G.

Faster

F/C Dm Gm9 3fr C N.C.

LYRICS

Intro: Ready, one.
 You will do this four times with the left, four with the right,
 Then eight times with both, then repeat.

Refrain 1: Body movin', body movin',
 A 1 sound and the sound so soothing.
 Body movin', body movin',
 We be getting down and you know we're crush groovin'.

Loop 1: Now, let me get some action from the back section.
 We need body rocking, not perfection.
 Let your backbone flip, but don't slip a disc,
 And let your spine unwind, just take a risk.
 I wanna do the freak until the break of dawn.
 Tell me, party people, is that so wrong?
 The ship is docking, interlocking,
 And uproking electroshocking.
 We're getting down computer action.
 Do the robotic satisfaction.
 All of y'all, get off the wall.

Bridge 1: Have a ball and get involved with...

Refrain 2: Body movin', body movin' (stand erect),
 A 1 sound and the sound so soothing (arms down),
 Body movin', body movin' (swing left arm big),
 We be getting down and you know we're crush groovin' (same with the right).