

Ain't got no troubles in my life  
No foolish dream to make me cry.  
I'm never frightened or worried,  
I know I'll always get by.  
I heat up (I heat up)  
I cool down (I cool down)  
When something gets in my way I go round it.  
Don't let life get me down  
Gonna take life the way that I found it.

#### CHORUS

I got the music in me (repeat as in song)

They say that life is a circle (circle)  
But that ain't the way that I've found it.  
Gonna move in a straight line (ooh)  
Keeping my feet firmly on the ground.  
I heat up (I heat up)  
I cool down (I cool down)  
I got words in my head so I say them.  
Don't let life get me down,  
Catch a hold of my blues and just play them.

#### CHORUS

Feel funky  
Feel good  
Gonna tell ya  
I'm in the neighbourhood  
Gonna fly like a bird on the wing  
Hold on to your hat honey,  
Sing, sing, sing, sing

You can't stop an avalanche as it races down the hill  
You can try to stop the seasons, girl, but you know you never will  
And you can try to stop my dancing feet, but I just cannot stand still!

'Cause the world keeps spinnin' round and round  
And my heart's keepin' time to the speed of the sound  
I was lost 'til I heard the drums, then I found my way  
'Cause you can't stop the beat

Ever since the whole world began  
A woman found out if she shook it, she could shake up a man  
And so I'm gonna shake and shimmy it with all of my might today  
'Cause you can't stop the motion of the ocean or the sun in the sky  
You can wonder, if you wanna, but I never ask why  
And if you try to hold me down, I'm gonna spit in your eye and say  
That You Can't Stop the Beat!

Oh, Oh, Oh  
You can't stop today [No!]  
As it comes speeding 'round the track [ooh, child yes!]  
Yesterday is history [be gone!]  
And it's never comin' back! [Look ahead, cause...]  
Tomorrow is a brand new day, and it don't know white from black [Yeah!]

'Cause the world keeps spinnin' round and round  
And my heart's keepin' time to the speed of sound  
I was lost til I heard the drums, then I found my way  
'Cause you cant stop the beat!

Ever since we first saw the light,  
A man and woman like to shake it on a Saturday night  
So I'm gonna shake and shimmy it with all of my might today!  
Cause you cant stop the motion of the ocean, or the rain from above  
They can try to stop the paradise we're dreamin' of  
But you cannot stop the rhythm of two hearts in love to stay  
You can't stop the beat!

## Exsultate Cantamos Festivo

( we sing in a festive manner)

### Exsultate, allegre Canto

( We exsult with a lively/happy song)

### Canciones Jubilo

( songs of joy)

sing bold print lyrics - translation provided

Hail Holy queen enthroned above, Oh maria  
hail Mother of mercy and of love ( oh maria  
Triumph all ye cherubim  
Sing with us ye seraphim  
Heaven and earth resound the Hymn  
salve.... salve regina.  
Aleluia  
Mater a mater in termerata  
Sanctus Sanctus Dominus  
Virgo respice mater ad Spice ( Spee-cheh)  
Sanctus, Sanctus dominus