

I Can't Help It

Narwhals & Waterfalls

When I need my hat I put it on my head
When I need my shoes I put them on my feet
When I need my cape I put it on my back
And when I need a song I put it in my ear

It moves into my head and I can't help but nod
It moves into my hands and I can't help but clap
It moves into my body and I can't help but shake
It moves into my feet and I can't help but dance, I said

I can't help it

When I start my day it's cross-cross meditate
When it's time for bed it's PJs, lights out, sleep
When it's time to sing all eyes on me
And when I need to smile it starts down in my feet

I move it to my knees by stepping to the beat
I move it through my legs by wiggling like a snake
I roll it up my back and wave it through my arms
And when it hits my face I never want to take it off

I can't help it

