

18. Our Lovely Lycra

By Helen Willberg 1992. Used by permission.
Melody traditional: 'Neath The Lilics.'

Our lovely lycra **can stretch and relax**

Stretch and relax

Stretch and relax

Our lovely lycra can stretch and relax

Stretch and relax

Chorus:

Om chinga chinga

each hand alternately forward and back - piston

Om chinga chinga

Om ching ching ching

(repeat)

Our lovely lycra **can shiver and shake**

shiver and shake

Chorus Om chinga chinga ...

Our lovely lycra **goes up and down..**

Chorus. Om chinga chinga...

Our lovely lycra **goes side to side**

Chorus

Om chinga chinga...

Wheee

lycra high