



## MATIKE MARANGA

Matike, maranga. Puta i ō  
moenga e hoa mā

Matike, maranga. Me tīmata tātou  
ki te korikori tinana

Tuatahi, wirihia ō ringa

Tuarua, wirihia ō waewae

Tuatoru, torohia te tinana

Tahi, Rua, Toru kei te rite!

Pāpaka, pekepeke, pakupaku e

Taika oma tino tere rawa e

Arewhana whiua tō ihu roa e

Paiā

Matike, maranga. Ko te ao kei  
te kapu o tō ringa

Matike, maranga. Kia pai tō rā e hoa mā  
Matike, Maranga

Get up, Jump up. Get out of bed and start  
to move

Get up, jump up. It's time to get  
into the groove

First, shake your arms

Second, shake your legs

Third, stretch your whole body

1 2 3 Are you ready?

Wiggle and jiggle to the side like a crab

Run really fast like a tiger

Wave your arm like an elephant's trunk

Cool

Get up, Jump up. The world is in the palm  
of your hands

Get up, Jump up. Have a good day  
my friends

Get up, Jump up.

