

Shake Rattle and Roll (C) (SMUG) — Healthy Lifestyle Lyrics by Wayne Forrey

Intro = Vamp in C

C
Let's get out in our kitchen and rattle some pots and pans,
F **C**
Let's get out in our kitchen and rattle some pots and pans,
G **F** **C**
Let's make it from scratch, no more store-bought cans.

CHORUS

C
I said, shake, rattle, and roll,
C
I said, shake, rattle, and roll,
F
I said, shake, rattle, and roll,
C
I said, shake, rattle, and roll,
G **F** **C**
Well, we gotta eat healthy, to save our doggone souls.

C
I'm a fat man baby and I'm try'n to loose some weight,
F **C**
I'm a fat man baby and I'm try'n to loose some weight,
G **F** **C**
Well I gotta eat healthy, I'll try a smaller plate.

CHORUS

C
Now after lunch let's walk to the sea food store,
F **C**
Now after lunch let's walk to the sea food store,
G **F** **C**
Buy a big slab of salmon and filet albacore.

CHORUS

C
You're a good cook honey, your healthy food tastes nice,
F **C**
You're a good cook honey, your healthy food tastes nice,
G **F** **C**
I luv you baby, we're livin' in paradise.

CHORUS

TAG **C** **F** **C**
Well, we gotta eat healthy, to save our doggone souls.