

Peanut Butter Jelly Time Dance

2004

Feet shoulder width apart.

Knee Bounce/Arm Sweep:

Right side

Bounce knee up & down (pick up heel while leaving toes down).

Sweep your hand back and forth in front of your knee.

Left side

Bounce knee up & down (pick up heel while leaving toes down).

Sweep your hand back and forth in front of your knee.

Right side

Bounce knee up & down (pick up heel while leaving toes down).

Sweep your hand back and forth in front of your knee.

Searching:

Right side

Right hand above right eyebrow, as if trying to see something in the distance (searching).

Whole body leans to the right.

Left side

Left hand above right eyebrow, as if trying to see something in the distance (searching).

Whole body leans to the left.

***Repeat**

Pointing (There you go):

Right side

Right hand points as arm waves to the right side.

Whole body leans to the right.

Left side

Left hand points as arm waves to the left side.

Whole body leans to the left.

***Repeat**

***Repeat knee bounce and hand sweep 4x.**

Arm Pumps (fast):

Both hands make a fist; in front of face.

Elbows close together and bent.

Arms double pump right side, left side, right side.

Pretend to swing a baseball bat.

***Repeat Arm Pump & Baseball Bat.**

***Repeat knee bounce and hand sweep 4x.**

Break it down & freeze:

Bend knees up and down twice.

Hands are facing the ground flat.

Arms push down towards the ground.

Then freeze.

***Repeat (total of 4x)**

***Repeat Searching.**

***Repeat Where you at.**

***Repeat knee bounce & hand sweep.**

***Repeat arm pumps.**

Tic-Tac-Toe:

Twist right 3x.

Twist Left 3x.

Twist right 3x.

Arms waving back and forth.

***Repeat Searching.**

***Repeat Where you at.**

***Repeat knee bounce & hand sweep.**

***Repeat arm pumps.**

Freestyle:

Left Hand moves across body to the right making a dolphin body motion.

Whole body leans to the right.

Right Hand moves across body to the left making a dolphin body motion.

Whole body leans to the left.

Whole body leans to the left.

***Repeat 6x.**

Pointing (There you go):

Right side

Right hand points as arm waves to the right side.

Whole body leans to the right.

Left side

Left hand points as arm waves to the left side.

Whole body leans to the left.

Right side

Right hand points as arm waves to the right side.

Whole body leans to the right.

Left side

Left hand points as arm waves to the left side.

Whole body leans to the left.

Peanut Butter Jelly Time Lyrics:

[Intro]

It's peanut butter jelly time!

Peanut butter jelly time!
Peanut butter jelly time!

[Chorus x2]

Where he at, where he at?
Where he at, where he at?
Now there he go, there he go
There he go, there he go
Peanut butter jelly! Peanut butter jelly!
Peanut butter jelly! Peanut butter jelly!
Do the peanut butter jelly, peanut butter jelly
Peanut butter jelly with a baseball bat
Do the peanut butter jelly, peanut butter jelly
Peanut butter jelly with a baseball bat

Now where he at, where he at?
Where he at, where he at?
Now there he go, there he go
There he go, there he go
Now peanut butter jelly! Peanut butter jelly!
Peanut butter jelly! Peanut butter jelly!
Do the peanut butter jelly, peanut butter jelly
Peanut butter jelly with a baseball bat
Do the peanut butter jelly, peanut butter jelly
Peanut butter jelly with a baseball bat

[Bridge 2]
Now tic tac toe (uh-huh!)
Tic tac toe (let's go!)
Tic tac toe (you got it!)
Tic tac toe (let's ride!)

[Chorus]

[Outro]
Now freestyle, freestyle - freestyle
Freestyle, freestyle - your style
Now, freestyle, freestyle - freestyle
Freestyle, freestyle - your style
Now where he at, where he at?
Where he at, where he at?
Now there he go, there he go
There he go, there he go

[Bridge 1]
Now, break it down and freeze
Break it down and freeze
Now, break it down and freeze
Break it down and freeze

[Chorus]