

I FEEL WELL ROCK
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**I feel well, I feel well, I feel well rock
I feel well swing and I feel well ring
Glowin' and glowin' from exercise fun
Now, the calorie count has begun**

**I feel well, I feel well, I feel well twist
I feel I'm getting in shape this time
Tap and square dancin' in Jingle Bell Flair
Oh this I can bear**

**There's never a better diet time
To decrease what you weigh
I feel well time is a swell time
To give up that chocolate milky way.**

**I must say I've had remorse, of what I eat
And don't always walk the talk
But I'm going to get up and move my feet
That's the I feel well rock, yeah.**