

Contortionist

Iain Gilmour

Verse 1

Would you like to be a great contortionist?
Show the world that you're a circus specialist?
Good enough to beat any gold medallist,
Bending back until your nose is level with your little toes!
Here's a song to help achieve the thing you wish,
Quick instructions set out in a little list,
Nothing detailed, no specifics, just the gist.
When you try it tell us how it goes.

Verse 2

Might take time before you're a perfectionist.
Might feel like you want to quit; you must resist.
Take your time, don't get your knickers in a twist.
Takes a while to learn the knack of moving sections of your back.
"One step at a time," would say a strategist.
Awful if you find a section has been missed,
And you need to see a physiotherapist,
To straighten out your spine upon a rack.

Verse 3

Find a trainer or a coach you can enlist,
Check your diet with a good nutritionist,
Vitamins from any high street pharmacist,
Contortionists will soon admit it only works when you are fit.
Exercise each day your trainer will insist,
Won't be easy so you really must persist,
Soon you'll find your legs and shoulders intertwist,
Can scratch your ears with toe-nails when you sit.

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Verse 4

Become famous, find yourself a publicist,
Interviews with all the local journalists,
Get on TV as a game show panellist,
When you're good at what you do,
Then fame and fortune wait for you.
When you're a celebrity contortionist.
Five star treatment in 'Hello' you are "A" list.
Headline news about the pop star that you kissed,
It's really a dream come true,
Because of what you learned to do.
Contortionism is the thing for you.



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