

Chorus:

First you put your two knees close up tight,/ then you sway 'em to the left, then you sway 'em to the right|
Step around the floor kind of nice and light, then you twist around and twist around with all your might.

Stretch your lovin' arms straight out in space, then you do the Eagle Rock with style and grace. Swing your Foot way 'round then bring it back. Now that's what I call ballin' the jack.

The 2 verses are on the lyrics sheet)