Your kids don't get to school on time
You don't watch the clock ma
Their hair don't curl and their teeth don't shine
It's all in doctor spock ma
Your man don't feel too good today
You didn't treat him right ma
If he don't work he gets no pay
You'd better fix him up tonight ma
... You know how
... Fix him up good mama

This way that way jump mama jump
That way this way jump mama
... Higher mama jump

You don't knit and you won't sew
And you never make the beds ma
You don't bake no jammy cakes
You just go out instead ma
They'll get you mama by your curly hairs
They'll have your guts for garters
And if you don't get back home tonight
They'll have your tits
... For afters

This way that way jump mama jump
That way this way jump mama
... Higher mama jump

Don't stop mama clean them floors
And the baby's bum is wet ma
All spick and span by half past four
You'd better not forget ma
There's love to make and hearts to mend
Jump just one more time ma
Your candles burning at both ends
But just you stay in line ma
... Stay in line there mama
... Do as you're told

This way that way jump mama jump
That way this way jump mama
... Higher mama jump
... Higher mama ... higher mama
... Jump