

HOLD ON OR GO WITH THE FLOW

Words and Music by Linda Arnold

Hold on or go with the flow

That's what the rocky shore animals know

Hold on or go with the flow

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(Hold on and on or go with the flow)

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Well, the barnacle's head sticks like glue

The mussels all have little sticky threads too

That cling to the rocks so they won't slip away

As the waves come crashing night and day

(Hold on and on or go with the flow)

The urchin finds a rock and it burrows inside

The crab finds a crevice where it can hide

The chiton's big foot is sticky and flat

For a rough and tumble seashore habitat

(Hold on and on or go with the flow)

The waves roll in, the waves roll out

Pretend you're a sea star tumbling about

Now hold on tight with all your might

As the waves come crashing down

(Hold on and on or go with the flow)

(Hold on and on)

(Hold on and on or go with the flow)

(Hold on and on or go with the flow)

The clingfish clings all day long

With anchorlike fins slimy and strong

The sea star has lots of tiny tube feet

That hold to the rhythm of the ocean's beat

(Hold on and on or go with the flow)

If you lose your grip in a wave crash zone

You may be washed right out of your home

So, hold on, bend, lie flat or hide

Or off you'll go on a rough and tumble ride

(Hold on and on or go with the flow)

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