

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
That's what the rocky shore animals know
(Hold on and on or go with the flow)
(Hold on and on or go with the flow)**

**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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