

= Get Me Bodied =

" Get Me Bodied " is a song recorded by American singer Beyoncé for her second studio album , B'Day ( 2006 ) . It was written by Beyoncé , Kasseem " Swizz Beatz " Dean , Sean Garrett , Makeba Riddick , Angela Beyincé , and Solange Knowles , while the production was handled by Dean , Beyoncé Knowles and Sean Garrett . Beyoncé was inspired by her sister , Solange , and former Destiny 's Child band @-@ mates Kelly Rowland and Michelle Williams for the writing process . Columbia Records released " Get Me Bodied " as the album 's seventh and final single in the US on July 10 , 2007 .

" Get Me Bodied " is an R & B and bounce song with dancehall and reggae influences . It features Beyoncé as the female protagonist going out an evening in the right dress and the right hair , to steam up any dance floor and make sure her call to " get her bodied " is irresistible . The song was generally well received by contemporary music critics , who complimented its party sound and Beyoncé 's vocals . The American Society of Composers , Authors , and Publishers ( ASCAP ) recognized it as the best R & B and Hip @-@ Hop song of 2007 . " Get Me Bodied " initially reached number 68 on the US Billboard Hot 100 chart in 2007 , but due to a viral video reached a new peak of 46 in 2013 .

Its accompanying music video was co @-@ directed by Beyoncé and Anthony Mandler , and inspired by The Frug from Bob Fosse 's film adaptation of the Broadway musical Sweet Charity . Solange , Rowland , and Williams make cameo appearances . The clip was nominated for Video of the Year at the 2007 VH1 Soul Vibe Awards . " Get Me Bodied " was promoted by Beyoncé with live performances on her world tours and at the 2007 BET Awards . In April 2011 , Beyoncé re @-@ recorded the song and re @-@ titled it as " Move Your Body " for the Let 's Move ! Flash Workout campaign . An instructional video of the exercise routine was filmed for distribution to participating schools .

= = Background and release = =

Beyoncé Knowles began working on her second solo album B'Day following the conclusion of filming for Dreamgirls . She revealed : " [ When filming ended , ] I had so many things bottled up , so many emotions , so many ideas " . Beyoncé contacted American songwriter @-@ producer Sean Garrett , and booked him at the Sony Music Studios in New York City , where " Get Me Bodied " was recorded . She also called American hip hop producer @-@ rapper Kasseem " Swizz Beatz " Dean , her sister and singer , Solange , her cousin Angela Beyincé , and songwriter Makeba Riddick . Beyoncé took inspiration from Solange , who helped in the writing process of the song , and former Destiny 's Child band @-@ mates Kelly Rowland and Michelle Williams . In " Get Me Bodied " , she mentioned " three best friends " because she was thinking of them while writing . While working on the lyrics , Swizz Beatz and the other producers in the team handled its production .

" Get Me Bodied " and " Green Light " were planned to be released as the next two singles from B'Day , following the lead single " Déjà Vu " . Beyoncé aimed the tracks at the international markets and opted for " Ring the Alarm " as the second US @-@ only single , which peaked at number eleven on the US Billboard Hot 100 . However , Irreplaceable " ( 2006 ) was officially serviced as the album 's second international and third US single . Instead , " Get Me Bodied " was released as the seventh overall and final US single after the release of the album 's deluxe edition 's lead single , " Beautiful Liar " ( 2007 ) . A two @-@ track CD single was released on July 10 , 2007 in the United States containing the radio edit and the extended mix of the song . A " Get Me Bodied " ringle was released on October 23 , 2007 .

= = Composition and lyrical interpretation = =

" Get Me Bodied " is a moderate R & B , and bounce song , which displays influences of dance @-@ pop , dancehall , and funk music . Jim DeRogatis of Chicago Sun @-@ Times wrote that it is a musical mixture of double Dutch rhyming and reggae @-@ rap . According to the sheet music

published at Musicnotes.com by EMI Music Publishing , the song is written in the key of G minor , and is set in common time at a moderate groove of 100 beats per minute . Beyoncé 's vocals range from the note of B ♭<sup>3</sup> to F<sup>5</sup> . " Get Me Bodied " progresses on a lurching and turgid beat . Its instrumentation includes drum patterns , surging horns , and synthesizers . The song also utilizes handclaps and syncopated interlocked clicks , which are interspersed with background chants , vocal exclamations , vocal gymnastics , and Texas twang . Sasha Frere Jones of The New Yorker commented that some notes which begin as " legato exhalations " constrict into shouts . Mike Joseph of PopMatters noted that " Get Me Bodied " is " the glorified version " of Gwen Stefani 's " Hollaback Girl " ( 2005 ) .

According to Bill Lamb of About.com , the song " crackle [ s ] with the spirit and power of a woman who carries her sexuality and spirit with authority . " " Get Me Bodied " features Beyoncé as the female protagonist going out an evening ; she is suitably dressed to make a lasting impression and get what she is looking for . She is determined to steam up any dance floor she steps onto and make sure that no one resists her call to " get [ her ] bodied " . The lyrics are constructed in the traditional verse @-@ chorus form . " Get Me Bodied " begins with Beyoncé telling her birthdate " 9 @-@ 4 @-@ 8 @-@ 1 " , followed by a group of male voices singing " hey 's " and " jump 's " for four bars ; the first verse then begins . The verses are written like a list where she sings her missions before going to party . It is followed with the chorus and the hook , where Beyoncé sings : " Can you get me bodied ? I want to be myself tonight . " The second verse follows , the chorus repeats giving way to the bridge , and Beyoncé sings the chorus again , ending the song with " hey ! " .

= = Critical reception = =

" Get Me Bodied " received acclaim from music critics who praised its party sound and Beyoncé 's vocals . Chris Richards of The Washington Post referred to the track a " club @-@ hungry come @-@ ons " with a " dexterous melody " . He further stated that the " skeletal " track " keeps Beyoncé tethered to the ground " . Jody Rosen of Entertainment Weekly commented that " a piddly home hi @-@ fi can hardly capture the thunderous grandeur of ' Get Me Bodied , ' which sets Beyoncé 's harmonies above a pummeling track overseen by rap producer Swiss Beatz " . Tim Finney of Pitchfork Media called the track a " percussive , Diwali @-@ esque jam " . Us Weekly described " Get Me Bodied " a " snappy dance number . " Sasha Frere Jones of The New Yorker noted that the song sounds " anxious . " Mike Joseph of PopMatters noted that the song is very similar to Gwen Stefani 's " Hollaback Girl " ( 2005 ) and expressed further praise about " Get Me Bodied " , writing : " [ ' Get Me Bodied ' is ] Beyoncé 's glorified version of a ' Hollaback Girl ' -type song . [ ... ] But listen to way she wails and shouts throughout the song ! Gwen Stefani certainly isn 't capable of vocal gymnastics like this . When she sings [ ... ] you can visualize beads of perspiration coming off of her as she shakes to this song . "

Spence D. of IGN Music added that Beyoncé 's " crisp voice " seems at odds with the beats featured in the song . However , he continued saying that it " when it gets muted and overlapped on the chorus , it sounds purely hypnotical . " Jaime Gill of Yahoo ! Music described the track as a " driving " and " strutting " one . Jon Pareles of The New York Times stated : " [ ... ] rhythm @-@ driven songs , especially ' Get Me Bodied ' , could be high @-@ tech upgrades of an old African @-@ American form , the ring shout [ ... ] " . Darryl Sterdan , writing for the Canadian website Jam ! , said that the song manages dancing into a contact sport with the help of cheerleader hand @-@ claps . Dave de Sylvia of Sputnikmusic considered " Get Me Bodied " as one of the three production triumphs on B 'Day . Richard Cromelin of Los Angeles Times wrote that " Get Me Bodied " sounds " like fun " for Beyoncé , connecting her with deep , vital cultural roots . He also went on saying that " the playful chant " suggests both children 's street game and traditional work song , and the whiff of Louisiana in the beat taps her own Creole heritage .

In 2007 , Shaheem Reid , Jayson Rodriguez and Rahman Dukes of MTV News placed the song at number five on his year @-@ end list of 27 Essential R & B Songs of 2007 . Beyoncé earned the R & B and Hip @-@ Hop Song accolade for " Get Me Bodied " at the 2008 American Society of

Composers , Authors and Publishers Awards . In 2013 , John Boone and Jennifer Cady of E ! Online placed the extended remix of the song at number four on their list of ten best Beyoncé 's songs . The same year , the writers of Complex magazine put " Get Me Bodied " at number 9 on their list of 25 best Beyoncé 's songs . Heather Haynes writing for the magazine , concluded that the song was a proof that Beyoncé could " kill any and every dance song " further adding , " There 's no way you don 't start dancing or slow @-@ winding when ' Get Me Bodied ' comes on " .

= = Chart performance = =

Prior to the release of the single , it debuted on the Billboard Hot 100 on May 26 , 2007 at number ninety @-@ eight while " Beautiful Liar " and " Irreplaceable " were still charting . It was lurking below top fifty approaching its physical release . On August 4 , 2007 , " Get Me Bodied " peaked at number sixty @-@ eight , and spent a total of eighteen weeks on Hot 100 . " Get Me Bodied " fared better on one of Billboard 's component charts ; peaking at number ten on the US Hot R & B / Hip @-@ Hop Songs chart . It reached number eighty @-@ eight on the US Pop 100 chart . The song also received heavy rotation from the urban radio stations in the United States . " Get Me Bodied " was ranked at number 26 on the US Hot R & B / Hip Hop Songs year @-@ end chart . In 2013 , a video of a woman named Deborah Cohan and her doctors breaking out dancing to the song before she underwent a double mastectomy was posted on YouTube and went viral . Due to Billboard 's new 2013 streaming rules , the song became eligible to chart on the Hot 100 , giving it a new peak of number 46 for the week of November 23 , 2013 .

= = Music video = =

= = Background and release = =

" Get Me Bodied " was one of the music videos shot during the two @-@ week filming for B 'Day Anthology Video Album . It was conceptualized by Beyoncé and co @-@ directed by Anthony Mandler . The version of the song used in the clip is the extended mix , which is featured on the deluxe edition of B 'Day . The video was shot over two days and choreographed by Rhapsody , Todd Sams , Clifford McGhee and Bethany Strong . For the shoot , Beyoncé asked former Destiny 's Child band @-@ mates Kelly Rowland , Michelle Williams , and sister Solange to appear with her in the video . She said that it " sets the tone of the video " . Beyoncé 's mother and stylist , Tina created over 60 outfits for Beyoncé and the 50 extras featured in the video . The instructional dance @-@ oriented video was inspired by the 1960s choreographies . Beyoncé cited influences from the Broadway director @-@ choreographer Bob Fosse , Southern and Jamaican movement and the Frug from the musical Sweet Charity ; Erika Ramirez of Billboard magazine further noted that the video was inspired by the scene " Rich Man 's Frug " from the movie . She said : " It tells you how to do all the dances ? it 's modern , it 's retro , it 's vintage , it 's stylized , it 's all of those things put together . " The story moves from a tony party reminiscent of the jet set style of the sixties , followed with dance sequences . The video was released to US iTunes Store as a Video Triple on September 4 , 2007 . A re @-@ edit of the video was produced for the Timbaland remix featuring Voltio . Although Voltio does not actually appear in the video , unused footages of the original video were replaced during the parts he sings . The re @-@ edited video was posted on the MTV Overdrive on July 26 , 2007 . It was included on the DVD for Irreemplazable ( 2007 ) .

= = Synopsis = =

The video begins with Beyoncé writing the sequence 9 @-@ 4 @-@ 8 @-@ 1 and B 'Day on the mirror with her lipstick . As the song begins , she briefly dances in a silver dress around a red room and later answers a telephone on a black couch . She , Solange , Rowland and Williams then walk across a multi @-@ colored room to a black door where they all pose for the camera . As the chorus

begins , Beyoncé , Solange , Rowland and Williams step out of a black limousine ; they are all sporting matching silver dresses . They execute some dance steps as they walk inside , where people are partying . As the chorus ends , the song is paused while Beyoncé enters a room , where everyone begin to ask who she is , before she answers , " It 's B ! " and snaps her fingers to start back the music .

She then walks past several people , dances with several men and women in white and black suits and dresses , as the second chorus begins . Beyoncé and the dancers perform a dance routine together , and soon she meets a man , who dances with her . A particular scene shows all the dancers crouch down to the floor , and follow Beyoncé as she walks , before she blows them back . The bridge starts , and the video moves to Beyoncé in a red room , where she and her dancers dance in short skirts , fishnets and black sparkling dresses . The group is later dance in the red and white rooms together . Leading into the final chorus , Beyoncé dances back in the room with the dancers , while Rowland , Williams and her sister sit on a black couch . As the video ends , Beyoncé stands in front of the mirror she was at the start and fades to black as she stares at the viewer through it .

Direct references to the " Rich Man 's Frug " include a nearly shot @-@ for @-@ shot recreation of the " who is it ? " introduction , the cage and Greek sculptures surrounding a large stage , the two ladies back @-@ to @-@ back parting to reveal Beyonce with two male dancers , and many dance steps from " The Heavyweight " portion of Fosse 's choreography .

= = = Reception = = =

MTV 's Tamar Anitai reviewed the video positively , describing it as a " swashbuckling showstopper " and adding , " But , sorry ladies , B shines brightest front and center , looking glittery , glorious and , of course , gorgeous , and more glam than ever before . " Anitai further wrote that the " seriously sick " dance sequence in the video spans the history of late 20th @-@ century modern dance , from Jerome Robbins , Bob Fosse , Janet Jackson and Fatima Robinson . He added that the video showcases Beyoncé 's metamorphosis into a " highly sophisticated " dancer , and one who can seriously shake it in sky @-@ high stilettos to boot . Anitai concluded his review by writing that Beyoncé unveiled her onstage alter ego Sasha Fierce for the mini movie with " epic " dance scenes while channeling her inner Lena Horne , Chita Rivera and Tina Turner . The music video for " Get Me Bodied " was nominated in the category for Video of the Year at the 2007 VH1 Soul Vibe Awards . In 2013 , John Boone and Jennifer Cady of E ! Online placed the video at number two on their list of Beyoncé 's ten best music videos writing that " She wears a slinky silver dress and has a ponytail ready for whipping , so yeah , she 's hot . "

= = Live performances = =

Beyoncé first performed " Get Me Bodied " at the 2007 BET Awards on June 27 . She was wearing a gold robot gear , which she whittled down to sleek gold lame pants and a matching bra top . As she continued singing , her sister @-@ singer Solange Knowles and fellow Destiny Child member Michelle Williams appeared onstage as her back @-@ up dancers . A few moments later , Beyoncé introduced Kelly Rowland to the stage to perform her solo hit " Like This " ( 2007 ) with American rapper Eve . After her performance , Beyoncé and Williams appeared onstage with Rowland to complete the Destiny 's Child reunion . Sandy Cohen of the Associated Press described Beyoncé 's performance as " show @-@ stopping " . A writer of Rap @-@ Up wrote that Beyoncé " killed it " with the " best performance of the night " . Despite the televised live performance , " Get Me Bodied " was a part of the set list on three of Beyoncé 's world tours .

For the performance of the song during The Beyoncé Experience ( 2007 ) , Beyoncé sported a robot outfit similar to the one she wore at the BET Awards ; however , this time she was dressed in yellow and black like a bumblebee . As she started , she declared that she was the " queen bee ? or Queen B " . During the end of the performance , Beyoncé led the crowd in a dance routine calling out a series of movements and then executing them . While reviewing the performance of the song

on August 5 , 2007 , at the Madison Square Garden in Manhattan , Shaheem Reid of MTV News called it " another roof @-@ burner " . Jon Pareles of The New York Times also complimented the performance , writing that the concert was a showcase for Beyoncé 's consistently expanding music like the kinetic dance beats of " Get Me Bodied " . Frank Scheck of The Hollywood Reporter included the " raising version " of " Get Me Bodied " as a highlight of the evening . While reviewing the concert in Anaheim in September , Lee Hildebrand from the San Francisco Chronicle felt that none of the supporting dancers could upstage Beyoncé during the performance of the " infectiously syncopated " song . Ann Powers of the Los Angeles Times described the performance of the song during the tour as " rowdy " noting that it " foregrounded the connection between Beyoncé 's percussive vocal style and her love of street dance " . " Get Me Bodied " was included on Beyoncé 's live album The Beyoncé Experience Live ( 2007 ) which was filmed during her concert in Los Angeles during the tour .

" Get Me Bodied " was also included in the set list of the I Am ... World Tour ( 2009 ? 10 ) and the revue I Am ... Yours which was also part of the tour . Prior to the performance of the song , Beyoncé asked the crowd " Are ya 'll ready to dance ? " and went on singing it wearing a sequin dress with a big bow on the back while performing dance routines with her background dancers . While reviewing Beyoncé 's performance at the O2 Arena in London , Michael Cragg of the website musicOMH noted that the song was executed with " in double @-@ quick time " . A writer of Billboard magazine noted that the song was performed with high energy during Beyoncé 's concert at the Madison Square Garden . However , while reviewing Beyoncé 's concert in Perth in September , 2009 , Jay Hana from The Sunday Times felt that the show was " only let down by weaker , less melodic songs such as Get Me Bodied " . The song was included on the live albums I Am ... World Tour ( 2010 ) which contained performances filmed during the tour and I Am ... Yours : An Intimate Performance at Wynn Las Vegas filmed during the eponymous revue . In late May , 2012 , Beyoncé performed " Get Me Bodied " during her Revel Presents : Beyoncé Live revue in Atlantic City , New Jersey , United States ' entertainment resort , hotel , casino and spa , Revel . During the performance Beyoncé and her back @-@ up dancers performed a swing dance and formations inspired by Bob Fosse . Chuck Darrow of The Philadelphia Inquirer was positive about the performance of the song during the revue , saying , " As for the music , Beyonce kept the needle in the red zone for much of the show , dealing primarily in such full @-@ throttle , groove @-@ intensive signature tracks as ... ' Get Me Bodied ' " . Brad Wete of Complex magazine wrote that Beyoncé was " shimmying " while performing " Get Me Bodied " . In 2013 , " Get Me Bodied " was added to the set list of The Mrs. Carter Show World Tour .

= = Cover versions = =

Girl Talk included a sample of " Get Me Bodied " in the song " No Pause " from his album Feed the Animals ( 2008 ) . During the finale of the tenth season of American Idol on May 25 , 2011 , the lady contestants joined together onstage to perform " Get Me Bodied " along with a medley of Beyoncé 's other hit singles . Adam Graham from MTV News noted that " each singer [ was ] working the stage with maximum ' tude . "

= = " Move Your Body " = =

= = = Let 's Move ! Flash Workout = = =

Beyoncé reworked her original " Get Me Bodied " into a new song titled " Move Your Body " ( 2011 ) . She joined forces with US First Lady Michelle Obama and the National Association of Broadcasters Education Foundation to promote the national Let 's Move ! campaign , which aims to combat child obesity by prompting youngsters to become more active . Beyoncé actually reworked " Get Me Bodied " and renamed it " Move Your Body " for the Let 's Move ! Flash Workout initiative itself . A Spanish version was also created entitled " Mueve el Cuerpo " . Concerning the campaign ,

Beyoncé expressed herself :

" It 's all about promoting the benefits of healthy eating and exercise ... But what we want to do is make it fun by doing something that we all love to do , and that 's dance . I am excited to be part of this effort that addresses a public health crisis . First Lady Michelle Obama deserves credit for tackling this issue directly , and I applaud the NAB Education Foundation for trying to make a positive difference in the lives of our schoolchildren . "

The lyrics of the original song were switched to fit the cause . The new lyrics include the line : " A little sweat ain ' t hurt nobody [ ... ] Don ' t just stand there on the wall , everybody just move your body , move your body , move your body . " The song is a step @-@ by @-@ step flash dance @-@ style workout that combines elements of hip hop music , Latin music as well as dancehall moves with traditional exercise . Nicole James of MTV Buzzworthy described " Move Your Body " as a " kid @-@ friendlier " version of the original . Risa Dixon of Newsday praised the reworked version , calling it " a fun , yet cardio @-@ intensive workout song to get young people excited about exercising . "

= = = Music video = = =

The staff members of Idolator showed high favoritism for the acclaimed the campaign , further stating the fact that " when Beyonce tells people to dance , they tend to listen " and so they considered that it was " a pretty genius move " on Michelle Obama ' s part to get Beyoncé in on her ' Let 's Move ! ' campaign to fight childhood obesity . On April 9 , 2011 , an instructional video featuring a group of teenagers dancing to " Move Your Body " was released online . After a few days , Beyoncé has said that she " would record her own version of the exercise routine " to show kids how it is done by shooting a new music video featuring a series of fun workouts to accompany the track . On April 26 , 2011 , Beyoncé released a video directed by Melina Matsoukas for " Move Your Body " . In the video , students join Beyoncé to perform choreography by Frank Gatson . In the choreography , Beyoncé and the students mix salsa , dancehall , The Running Man , Dougie , stomp . The music video for " Move Your Body " takes place as a four @-@ minute long flash mob . The video begins during lunch hour at what looks like a junior high cafeteria . Everything is normal until Beyoncé , wearing short shorts and green knee @-@ high socks , enters the cafeteria doors to begin the song . After Beyoncé 's entry , all the kids jump to their feet , following along as Beyoncé leads the group through all kinds of dances .

The instructional video was distributed to participating schools across the country on May 3 , 2011 , during a ' dance @-@ in ' . Beyoncé was at P.S. 161 middle school in Harlem on that particular date . She taught students the moves from her " Move Your Body " video . Beyoncé appeared in the gym much to the delight of her young fans , who danced alongside her and took photos . Laretta Charlton of Black Entertainment Television ( BET ) gave the video a positive review stating that " It 's impossible to watch without wanting to , well , move your body . " Nicole James of MTV Buzzworthy showed great interest in the video and its message , stating that Beyoncé gets kids heart pumping , " in more ways than one " . Genevieve Koski of The A.V. Club added that " if anything can help curb the nation 's childhood obesity problem , it is the galvanizing power of Beyoncé Knowles dancing " , and further praised how " [ the ] bunch of cute kids [ were ] doing the Running Man and The Dougie in the cafeteria with Beyoncé . " A writer of Rap @-@ Up described Beyoncé 's dance moves in the video as " hot " . Mike Barthel of The Village Voice described the video as " adorable " and classified it as an " important moment in the relationship between politics and culture " . Barthel also praised the patriotic scene where Beyoncé and the kids wave the American flag , saying that " It doesn 't feel jingoistic , or pandering , or aggressive ; it just feels celebratory , like they are actually kinda happy about America . "

= = Track listings = =

US CD single

" Get Me Bodied " ( Radio Edit ) ? 4 : 00

" Get Me Bodied " ( Extended Mix ) ? 6 : 18

US CD Maxi Single

" Get Me Bodied " ( Extended Mix ) ? 6 : 21

" Get Me Bodied " ( Timbaland Remix featuring Voltio ) ? 6 : 17

" Get Me Bodied " ( Timbaland Remix featuring Fabolous ) ? 4 : 50

= = Credits and personnel = =

Source :

= = Charts = =