First, you put your two knees close up tight, then you sway 'em to the left, and you sway 'em to the right. Step a-round the floor kind of nice and light, then you twist a-round and twist a-round with all your might. Stretch your lov-in' arms straight out in space, then you do the Eag-le Rock with style and grace. Swing your foot way 'round then bring it back, now that's what I call "Ball-in the Jack."

that's what I call___ bal-lin'__ ball-in' the jack.

Now that's what I call ball-in' the jack.