

Sunburn Serenade

When the sun begins to rise
I put sunglasses on my eyes
I take my towel to my favorite spot
I plant my umbrella on the beach where it's hot

I rub some zinc all over my nose
And #21 lotion from head to toe
I fold out my chair and I put on my hat
It's my day at the beach and I like it like that

My friends all laughed and made fun of me
They called me a dork and headed out to the sea
Well, I pushed back my chair and I stood up one day
I said "Listen close to what I will say!"

Chorus

Yi, yi, yi, yi, yi, yi, yi...Ouch!
Yi, yi, yi, yi, yi, yi, yi...We're burning mon!
Yi, yi, yi, yi, yi, yi, yi...Hot!
Yi, yi, yi, yi, yi, yi, yi...You keep turning mon!

When the sun hits naked skin
Inflammation can begin
Warmth and redness, swelling and pain
All can happen if you remain

Blood circulation tends to slow down
White blood cells move all around
Fluid leaks, and protein too
The damage is done, nothing you can do

Everyone stood and they stared at me
The only noise you heard was the sound of the sea
All of a sudden, before I could think,
They were grabbing for my lotion and zinc!

Chorus with first verse

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