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Wiggles You Make Me Feel Like Dancing

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The Joyful Beat of Childhood: Exploring Wiggles You Make Me Feel Like Dancing

Few phrases capture the pure, unadulterated joy of childhood music quite like **Wiggles You Make Me Feel Like Dancing**. For decades, The Wiggles have been a cornerstone of children's entertainment, creating songs that are not only catchy but also profoundly influential in early childhood development. When you hear that upbeat tempo and the iconic call to move, it is impossible not to tap your feet, clap your hands, or jump up and down. This article dives deep into the phenomenon of this particular song, exploring its roots, its educational value, and the undeniable magic that makes children (and adults) want to dance.

The Wiggles, consisting of Anthony, Emma, Lachy, and Simon, have mastered the art of creating music that is both fun and functional. The phrase "You Make Me Feel Like Dancing" resonates because it taps into a universal truth: music is a catalyst for movement. It is not just about listening; it is about participating. This article will explore how this specific track fits into the broader Wiggles discography, why it is so effective at getting kids moving, and how parents can use it to foster a love for music and activity in their homes.

The History Behind the Hit

While The Wiggles have a vast library of songs, the energy behind **Wiggles You Make Me Feel Like Dancing** is rooted in their philosophy of "music for development." Originally, the group formed in the early 1990s with a focus on early childhood education. Anthony Field, the Blue Wiggle, often spoke about how they wanted to create songs that were simple enough for toddlers to understand but musically sophisticated enough to keep parents engaged. This song is a perfect example of that balance.

The track itself borrows heavily from the pop and rock genres, utilizing a driving drum beat, a walking bass line, and cheerful piano chords. It encourages a specific call-and-response interaction. When the lyrics say "Wiggles you make me feel like dancing," the listener is invited to join in, to become part of the performance. This is a hallmark of The Wiggles' success. They break the fourth wall, speaking directly to the child, creating a sense of inclusion and community. The song is not simply performed *for* the audience; it is performed *with* them.

The Science of Why We Move

Why is the phrase **Wiggles You Make Me Feel Like Dancing** so effective? The answer lies in neuroscience and developmental psychology. Music activates the brain's motor cortex, the area responsible for planning, control, and execution of voluntary movements. When a child hears a strong, consistent beat—like the one in this Wiggles song—their brain naturally wants to sync with it. This is called entrainment.

For children aged two to five, this entrainment is crucial. It helps develop gross motor skills. When they stomp their feet, wave their arms, or spin in a circle to the song, they are practicing balance, coordination, and spatial awareness. The lyrics "You make me feel like dancing" act as a permission slip. They give the child a social cue that it is acceptable, even encouraged, to let loose. This freedom of expression is vital for emotional regulation.

A child who dances out their excitement or energy is learning to manage their body in a healthy way.

Furthermore, the repetitive nature of the chorus is designed for memory retention. Children learn through repetition. By hearing the key phrase over and over, they internalize the rhythm and the words. This linguistic repetition aids in vocabulary building and sentence structure. "You make me feel" is a complex grammatical structure (causative verb) that a child learns naturally through song, long before they understand the grammar rules.

Analyzing the Musical Structure

Let us look at why the music itself is so compelling. The track usually starts with a strong instrumental hook, often a piano or guitar riff that is immediately recognizable. This grabs the child's attention. Then, the verses build a narrative, often involving the different Wiggles characters. Finally, the chorus explodes with the titular line: **Wiggles You Make Me Feel Like Dancing**.

- Key Signature: Usually in a major key (like C Major or G Major), which naturally sounds happy and uplifting.
- Tempo: Approximately 120-130 BPM (Beats Per Minute), which is a lively jogging pace, perfect for active movement.
- Dynamics: The song uses "terraced dynamics," shifting suddenly from quiet (verse) to loud (chorus), teaching children about contrast.
- Instrumentation: Bright piano, acoustic guitar, bass drum, and hand claps. These sounds are pleasant to young ears and not overstimulating.

This structure is not accidental. Music therapists use songs with this exact architecture to help children with autism spectrum disorder or sensory processing issues. The predictable pattern provides a safe framework for the child to explore movement. They know the chorus is coming, and they anticipate the joyful release of dancing.

Educational Benefits Beyond the Dance Floor

While the primary goal is fun, the educational benefits of **Wiggles You Make Me Feel Like Dancing** are substantial. Teachers and early childhood educators often use this song as a "brain break" or a transition tool. After a period of sitting still for a story, playing this song signals that it is time to move and reset. This improves focus for the next activity.

1. Listening Skills: Children must listen carefully for the cues in the song. When does the chorus start? When does the music slow down? This active listening is a foundational skill for learning to read.
2. Social Interaction: Dancing together requires cooperation. Children learn to move in a shared space without bumping into others. They learn to mimic actions (like pointing or spinning) which builds social bonding.
3. Emotional Literacy: The song explicitly ties music to emotion. "You make me feel..." is a powerful tool for helping children name their feelings. Dancing is a safe way to express happiness, excitement, or even silliness.
4. Physical Exercise: In an age of screens, songs like this combat sedentary behavior. Just three minutes of dancing can significantly elevate a child's heart rate, contributing to their daily physical activity needs.

How to Maximize the Experience at Home

Parents often ask how to get the most out of their child's favorite songs. When you put on **Wiggles You Make Me Feel Like Dancing**, do not just sit back and watch. Here are some practical tips to turn listening into a rich developmental experience.

Create a "Dance Zone." Clear a space in the living room where there are no sharp corners or obstacles. Use a soft rug or a mat. This gives the child a safe, designated area to move freely. Add a scarf or a ribbon for sensory stimulation.

Children learn best by imitation. If you dance, they will dance. Do not worry about looking silly. Your willingness to move to the music gives your child permission to be uninhibited. Sing along loudly. Clap your hands. The more you engage, the more they will.

Follow Their Lead. While The Wiggles might show specific dance moves on screen, let your child interpret the music in their own way. If they want to hop on one foot or spin in circles, let them. This builds creativity and confidence. The goal is not perfect choreography; it is joyful expression.

Use it for Transitions. The song is also excellent for managing difficult transitions. Is your child resistant to cleaning up toys? Play the song and make cleanup a dance. Pick up a toy and toss it into the bin with a flourish. "We are cleaning up... and dancing!" This reframes a chore into a game.

The Legacy of The Wiggles

The phrase **Wiggles You Make Me Feel Like Dancing** is more than just a lyric; it is a mission statement. The Wiggles have endured for over thirty years because they understand that children need to move. They need to wiggle. They need to dance. In a world that often tells children to "sit still" and "be quiet," this song gives them permission to do the opposite in a safe, structured environment.

The current generation of Wiggles—Emma, Lachy, Simon, and Anthony—have modernized the sound while keeping the core values intact. They include diverse representation in their videos, showing children of all abilities and backgrounds dancing together. The song has become an anthem for inclusion. Everyone is invited to the dance floor.

Furthermore, the song has crossed generational divides. Parents who grew up watching the original Wiggles (Greg, Murray, Jeff, and Anthony) now watch their own children enjoy the new lineup. The "you" in "You Make Me Feel Like Dancing" could be the music itself, the characters on screen, or even the shared experience between parent and child. It is a reciprocal relationship of joy.

Comparing to Other Children's Music

Why does this song stand out among the vast sea of children's music? Many children's songs are passive; they are meant to be listened to while sleeping or riding in a car. **Wiggles You Make Me Feel Like Dancing** is the opposite. It demands interaction. Compare it to a lullaby, which aims to calm and soothe. This song aims to energize and excite. It fulfills a different developmental need.

Other artists, like The Laurie Berkner Band or Raffi, also create active music. However, The Wiggles have a unique production value and a global marketing machine that ensures their songs are polished and instantly recognizable. The characters—the different colored shirts—create a visual anchor for the audio. When a child sees the Yellow Wiggle (Emma) dancing, they associate that visual with the auditory command to dance. This multi-sensory learning is incredibly powerful for neural development.

Conclusion

In conclusion, **Wiggles You Make Me Feel Like Dancing** is a masterclass in children's music. It is a simple song with a profound impact. It combines a catchy melody with intentional developmental triggers that encourage movement, social interaction, and emotional expression. For parents, it is a reliable tool for turning a grumpy mood into a happy one. For educators, it is a proven method for releasing energy and refocusing a classroom. And for children, it is simply pure joy.

So the next time you hear that opening riff, do not resist. Get up, wiggle, and dance. Your child is not just playing; they are learning, growing, and connecting with you. That is the magic of The Wiggles. That is the power of music that truly makes you feel like dancing.

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