

Lyrics for “Lost Memory Mambo
and Other Favorites of the Infirm”
written and produced by Allen R Smith

“Lost Memory Mambo”



[Verse 1]

In the heart of the city, where the lights never fade,
There’s a dance floor that’s calling, where memories are made.
Feel the rhythm take over, let the music ignite,
Every step is a story, lost in the night.

[Pre-Chorus]

Sway to the left, turn to the right,
In this moment, everything’s bright.
Lost memory mambo, a dance to forget,
In the arms of the night, no room for regret.

[Chorus]

Lost memory mambo, let’s dance away the pain,
With each step and twirl, we break every chain.
In the rhythm, we’re free, hearts beating in time,
Lost memory mambo, where the past is left behind.

[Verse 2]

Through the heat of the rumba, under the moon’s soft glow,
In the cha-cha and merengue, let the passion flow.
Every beat of the timba, every whisper of the song,
In the tango’s embrace, where we both belong.

[Chorus]

Lost memory mambo, let’s dance away the pain,
With each step and twirl, we break every chain.
In the rhythm, we’re free, hearts beating in time,

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Lost memory mambo, where the past is left behind.

[Bridge]

Guitar solo, a moment to breathe,
In this dance, we find what we need.
With each movement, the past fades away,
In the lost memory mambo, we find our way.

[Outro]

(Instrumental: Brass and Percussion, fading out)

Lost memory mambo, let's dance 'til the dawn,
In this rhythm of life, where we all belong.
Lost memory mambo, where the night never ends,
In the dance of our hearts, where we find our friends.

“Colonoscopy Conga”



[Verse 1]

In the clinic, bright and early,
Doctors preppin', things get swirly,
Dressed in gowns, feelin' fine,
Time for the colonoscopy line.

Nurse says, "Relax, it'll be a blast,"
We all know it's time to fast,
But hey, let's make it fun, not a drag,
Time to join the conga line and brag!

[Chorus]

Colonoscopy conga, we dance and cheer,
With the rhythm of the brass, there's no fear,
Shake those hips, let's all sway,
Dancin' through the prep, all the way!

[Verse 2]

With the docs and nurses in the lead,
We're movin' to the beat, feel the need,
Laughin' loud, it's a wild parade,
Conga line in the medical arcade.

Gettin' checked, it's all routine,
But we're turnin' this into a party scene,
Guitar solo kicks in, feel the vibe,
Colonoscopy conga, let's jive!

[Chorus]

Colonoscopy conga, we dance and cheer,
With the rhythm of the brass, there's no fear,
Shake those hips, let's all sway,
Dancin' through the prep, all the way!

[Bridge]

Doctor's orders, dance it out,
No more worries, twist and shout,
Brass and percussion keep the beat,
Conga line's the way to greet.

[Chorus]

Colonoscopy conga, we dance and cheer,
With the rhythm of the brass, there's no fear,
Shake those hips, let's all sway,
Dancin' through the prep, all the way!

[Outro]

So remember, when it's time,
Join the conga, feel sublime,
Laugh it off, don't be shy,
Colonoscopy conga, reach for the sky!

"Hair Loss Hoedown"



[Verse]

Well, I woke up this morning, looked in the mirror,
My hairline's retreating, it's disappearing clear.
So I grabbed my hat and my old banjo,
Gonna turn this loss into a wild hoedown show.

[Chorus]

Yodel-ay-hee-ho, it's the Hair Loss Hoedown,
Don't need no hair to paint the town.
We'll dance and sing, let the fiddle ring,
Hair or not, we'll be the hoedown kings.

[Verse]

From the top of my head to my old worn boots,
I'm rocking this bald spot, embracing my roots.
No more worry 'bout the hair I miss,
Gonna shine this dome and give it a kiss.

[Chorus]

Yodel-ay-hee-ho, it's the Hair Loss Hoedown,
Don't need no hair to paint the town.
We'll dance and sing, let the fiddle ring,
Hair or not, we'll be the hoedown kings.

[Outro]

So grab your partners, don't be shy,
We'll hoedown 'til the morning light.
With a hat or bare, we don't care,
The Hair Loss Hoedown is everywhere!

“Blood Pressure Boogie”



[Verse 1]

Well, I'm seventy years old, and my blood's on the rise,
Doctor says I gotta change, but it's no surprise.
Counting pills like jellybeans, in a colorful array,
"Take 'em in the morning, sir," that's what they say.
Sweatin' to the oldies, in my living room,
Got me groovin' to the beat, while I'm chasin' the moon.

[Chorus]

Blood Pressure Boogie, I'm dancin' through the night,
With my heart rate climbing, I'm feelin' all right.
Blood Pressure Boogie, just tryin' to stay alive,
With every step I take, I'm keepin' the jive.

[Verse 2]

Doc says "no more bacon," but that's just cruel,
I'm dodging the Grim Reaper, just tryin' to be cool.
Gotta eat my veggies, oh what a sight,
Green on my plate, morning, noon, and night.
Exercise is the key, so they say,
I boogie in my kitchen, tryin' to make it through the day.

[Chorus]

Blood Pressure Boogie, I'm dancin' through the night,
With my heart rate climbing, I'm feelin' all right.
Blood Pressure Boogie, just tryin' to stay alive,
With every step I take, I'm keepin' the jive.

[Verse 3]

My doctor's got me joggin', oh what a joke,
Huffin' and puffin', I'm nearly broke.
Got a treadmill in the corner, but it's covered in dust,
I prefer a cozy chair, oh it's a must.

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They say "Keep on movin', don't sit down,"
So I dance in the kitchen, and I spin around.

[Chorus]

Blood Pressure Boogie, I'm dancin' through the night,
With my heart rate climbing, I'm feelin' all right.
Blood Pressure Boogie, just tryin' to stay alive,
With every step I take, I'm keepin' the jive.

[Verse 4]

Watchin' my sodium, that's a laugh,
No more salty snacks, got me feelin' daft.
Readin' labels in the grocery aisle,
Puttin' back the chips with a weary smile.
But when the music plays, I forget the rules,
Dancin' to the Boogie, I ain't nobody's fool.

[Chorus]

Blood Pressure Boogie, I'm dancin' through the night,
With my heart rate climbing, I'm feelin' all right.
Blood Pressure Boogie, just tryin' to stay alive,
With every step I take, I'm keepin' the jive.

[Piano Solo]

(A lively and playful piano solo, with occasional brass interjections)

[Outro]

So here's to the Blood Pressure Boogie, my friends,
Keep on dancin', 'cause it never ends.
With a little laughter and a lot of groove,
We'll keep our hearts beatin', with every move.

“The Prostate Polka”



[Verse 1]

I went to see the doctor, he said, "Now listen here,
Your prostate needs some dancin' to keep it in the clear."
So grab your shiny shoes and your accordion too,
It's time to hit the dance floor, do the Polka through and through.

[Verse 2]

The band is playing lively, the tubas sound so grand,
We'll hop and skip together, now won't you take my hand?
Forget about your worries, just feel the joyful beat,
We'll polka through the night, oh, ain't life just so sweet?

[Chorus]

Let's do the Prostate Polka, it's the dance to set you free,
With a "oom-pah, oom-pah," we'll keep our health with glee.
So come on, grab your partner, and let's twirl around the floor,
The Prostate Polka's calling, let's dance forevermore.

[Verse 3]

Now everyone is joining, from young to old alike,
We're dancing in a circle, our spirits taking flight.
With trumpets blaring loudly and drums that beat so strong,
We're polka dancing happily, come on and sing along.

[Verse 4]

Remember all the laughter, the fun we have tonight,
The Prostate Polka's magic, it keeps us feeling right.
So when you're feeling low, just think of this great tune,
And let the Polka lift you, from morning until noon.

[Chorus]

Let's do the Prostate Polka, it's the dance to set you free,
With a "oom-pah, oom-pah," we'll keep our health with glee.
So come on, grab your partner, and let's twirl around the floor,

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The Prostate Polka's calling, let's dance forevermore.

“Sleep Apnea Serenade”



[Verse 1]

Snoring like a freight train, keeping everyone awake,
Gaspng like a fish outta water, in the middle of a lake.
My partner's packing earplugs, for a peaceful night,
While I'm flipping like a pancake, searching for the right.

[Chorus]

Sleep apnea serenade, a nightly escapade,
From snore to gasp to wake, it's the same ol' parade.
Strapped to my CPAP, looking like Darth Vader,
But at least it stops the snoring, and I'm a nighttime crusader.

[Verse 2]

Doctor says to lose some weight, but cake just tastes so great,
Living on espresso, it's my morning date.
Sneaking naps in the bathroom stall,
Hoping no one sees me fall.

[Chorus]

Sleep apnea serenade, a nightly escapade,
From snore to gasp to wake, it's the same ol' parade.
Strapped to my CPAP, looking like Darth Vader,
But at least it stops the snoring, and I'm a nighttime crusader.

[Verse 3]

Tried every pillow, from foam to goose down,
Counting sheep just makes me frown.
Waking up mid-dream, like a sudden alarm,
The sleep study lab wasn't much of a charm.

[Chorus]

Sleep apnea serenade, a nightly escapade,

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From snore to gasp to wake, it's the same ol' parade.
Strapped to my CPAP, looking like Darth Vader,
But at least it stops the snoring, and I'm a nighttime crusader.

[Verse 4]

Nodding off at meetings, in my cereal, and on the bus,
Coffee's my savior, in caffeine I trust.
My partner's patience is truly a gift,
Despite my nighttime antics, love gives us a lift.

[Chorus]

Sleep apnea serenade, a nightly escapade,
From snore to gasp to wake, it's the same ol' parade.
Strapped to my CPAP, looking like Darth Vader,
But at least it stops the snoring, and I'm a nighttime crusader.

[Bridge]

Counting sheep just makes me weep,
But I'll laugh through the night, until the morning light.
Grateful for the love, despite my nighttime show,
In this sleep apnea serenade, we'll take it slow.

[Outro]

(Strumming fades out, harmonica playing softly)
So here's to all the sleepers, with their nightly serenade,
May you find your rhythm, in the dreams you've made.
With a little humor and a lot of grace,
We'll face sleep apnea, with a smile on our face.

Note: All lyrics were created using a custom GPT in ChatGPT4o. Music was created using [Suno](#), and images were created using DALL-E in ChatGPT4o.