**MY OH MYOSIN: Track 8**

*This song describes the events that lead to muscle contraction, allowing movement, including that required for breathing, heart beat, blood flow, and digestion. Note that the text color matches appropriately colored portions of the pictures.*

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**CHORUS:**
Pull close, come together, it’s contraction
Never pushing, come together, oooh attraction
Calcium sets things in motion, no repulsion
Muscles pulling bones - moving satisfaction

Muscle, **fascicle, fiber, myofibril**
That’s the wrap, muscle units big to small
These cells are long and lean, contracting machines
Sliding filaments move us all

Many units make up muscle fiber
Each sarcomere works with those beside her
Humans could mimic sarcomere unity
T tubules carry charge deep inside her

**CHORUS**

Action potential carries message to tango
Acetylcholine in synaptic terminal flows
Diffuses across cleft to the motor end plate
Revolution & sodium to sow

The sarcolemma has now been incited
Potential spreads like relatives invited
Triads touched set off calcium explosion
Sarcoplasmic reticulum would be indicted

**CHORUS**

My muscles are a fabric of actin
Bound up in filaments thin
F - actin strands and G molecules
Cover active sites where cross bridges begin
You know that milk is Mama’s first selection
Calcium builds bone and starts muscle flexion
Movement needs calcium to bind to troponin
Reveals active site makes a myosin erection

The bridge is built by My oh Myosin
Myosin head finds active site and fits right in
Shortening sarcomeres - yeah come together
Skeletal muscles can then walk or can grin

Thick and thin filaments combine
When active sites myosin heads find
ATP drives the power stroke
Myosin pivots toward the M line

Don’t you take movement for granted
It’s a gift whether straight or slanted
Another miracle of the human body
Simplicity’s seeds are planted

CHORUS

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