

Now coil up, coil up, coil up tight
If we're to do Meiosis right.

Interphase one is almost done
Marks the start of prophase one.

Now face your partners and to them bow
Do-sa-do crossover now.

Allemande left with your left hand
Promenade around the land.

Now grab your partner's chromatid
Crossing arms you'll be glad you did.

The nuclear membrane breaks down here
Attach a fiber to your centromere.

The fibers pull the dance is done
Hold on tight, it's metaphase one.

Couples move to the central plate
It's anaphase one so you separate.

Now wave goodbye to reach your goal
Each partner move to the other pole.

Telophase one is mighty sad
You're all alone, lost what you had.

Together we'll no longer be
These parts of you will be dear to me.

Prophase, prophase, prophase two
The spindle's coming after you.

With a fiber stuck to your centromere
You're pulled into the center here.

On the central plate for metaphase two
Just like before, it's déjà vu.

At interphase one you duplicate
So that now you can separate.

The fiber's tugging, this is it
Time for your chromatids to split.

Anaphase, anaphase, anaphase two
This time you wave goodbye to you.

At telophase two half the team's on hand
You're feeling sad you're a single strand.

Now this is just your normal state
With some luck you'll procreate.

So rest a while and unwind too
As the nuclear membrane surrounds you.

Now meiosis is complete
Four nuclei from one's the treat.

The cytoplasm will divide
Four gametes formed with you inside.

And if we zoom out you will find
Many more of the same kind.

And if you're wondering what's the use
It's all so you can reproduce...reproduce.

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