

100 songs to help lift your spirits during a pandemic

To help pass the time, and lift your spirits, USA TODAY (and a few helpers) assembled a list of 100 songs that are either fun, catchy or upbeat and will — we hope — make you smile and ease your worries, at least for a few minutes. They're a mix of currents and retro hits from all genres, presented in no particular order.

From our playlist to yours, enjoy!

1. **"Happy," Pharrell (2013):** When bad news comes, talking this and that, this song brings the positivity.
2. **"Better Be Good to Me," Tina Turner (1984):** If there's a bad Tina Turner song, we've yet to hear it.
3. **"Blessed," Elton John (1995):** "I promise you that, promise you that, promise you that // You'll be blessed." Thanks, Elton.
4. **"Neutron Dance," Pointer Sisters (1983):** Those shoulder pads! Vintage 1980s.
5. **"24K Magic," Bruno Mars (2016):** Hard to pick just one Bruno Mars song ...
6. **"Rainbow," Kacey Musgraves (2018):** A good reminder that there's a rainbow waiting for us on the other side of troubled times.
7. **"Good as Hell," Lizzo (2016):** Lizzo knows her worth. Do you?
8. **"I Feel for You," Chaka Khan (1984):** "Let me rock you, that's all I wanna do"
9. **"You Make My Dreams," Daryl Hall and John Oates (1980):** Love that 'stache, Oates.
10. **"Don't Stop Me Now," Queen (1978):** Stop yourself from going out and dance with Mister Fahrenheit instead.
11. **"You Got It (The Right Stuff)," New Kids on the Block (1988):** Your little sister totally had a crush on Joey.
12. **"Shiny Happy People," R.E.M. (2003):** There's that word again ... happy.
13. **"Can't Feel My Face," The Weeknd (2015):** "But I love it, but I love it, oh"
14. **"Count Your Blessings," Nas and Damian Marley (2010):** "Give thanks to the master"

15. **"Three Little Birds," Bob Marley and the Wailers (1984):** The calming vibes and lyrics like "Every little thing's gonna be alright" is a welcome escape.
16. **"Swingin'," Tom Petty and the Heartbreakers (1999):** No need to be Petty, now or ever.
17. **"Shining Star," Earth, Wind and Fire (1975):** "You're a shining star // No matter who you are"
18. **"Everyday People," Sly and the Family Stone (1969):** We're all in this together.
19. **"Dancing Queen," Abba (1976):** We saw you jamming to this one at the grocery store.
20. **"Come Together," The Beatles (1969):** The right message at the right time.
21. **"Margaritaville," Jimmy Buffett (1977):** We could all use a margarita — or three — right about now.
22. **"Little of Your Love," HAIM (2017):** "You gotta give me just a little of your love, baby"
23. **"Friends in Low Places," Garth Brooks (1990):** We're singing "I'll be OK" a little louder now.
24. **"The Glory," Kanye West (2007):** One of many hits from Kim Kardashian's hubby.
25. **"Don't Stop Believin'," Journey (1981):** "Just a city boy // Born and raised in South Detroit // He took the midnight train goin' anywhere"
26. **"Get Together," Jesse Colin Young (1988):** Smile on your brother. And your sister. And your neighbors. And, well, everyone.
27. **"What a Wonderful World," Louis Armstrong (1967):** That voice quells anxiety every time.
28. **"It's Gonna Be Me," NSYNC (2000):** It's gonna be May before this mess is over, some experts claim.
29. **"Enjoy the Silence," Depeche Mode (1990):** Lots and lots of silence right now, thanks to all the self-quarantining.
30. **"I Knew I Loved You," Savage Garden (1999):** A sweet, sweet love song.
31. **"Girl You Know It's True," Milli Vanilli (1988):** Yes, they were impostors, but the song's still solid.
32. **"Everybody," Backstreet Boys (1997):** "Backstreet's back all right "

33. **"Barbie Girl," Aqua (1997):** Guaranteed to get stuck in your head. (Sorry.)
34. **"Dynamite," Taio Cruz (2009):** Dance party of one, anyone?
35. **"Fine by Me," Andy Grammer (2012):** Don't agree with this pick? It's "Fine by Me."
36. **"Love Shack," The B-52s (1989):** "Tin roof / Rusted!"
37. **"Halo," Beyonce (2008):** We could use an angel or two right about now.
38. **"Caribbean Queen," Billy Ocean (1984):** An R&B classic.
39. **"...Baby One More Time," Britney Spears (1998):** She's a lovable hot mess. (Aren't we all, though?)
40. **"The Ghost Inside," Broken Bells (2010):** A unique sound that draws you right in.
41. **"Biggest Part of Me," Ambrosia (1980):** An '80s classic.
42. **"Never Gonna Let You Go," Sergio Mendes (1983):** "I'm never gonna let you go // I'm gonna hold you in my arms forever" – a song to serenade your partner in quarantine.
43. **"I Knew You Were Waiting (For Me)," George Michael and Aretha Franklin (1987):** Two legends unite.
44. **"Sucker," Jonas Brothers (2019):** [The JoBros](#) make the list.
45. **"Gotta Tell You," Samantha Mumba (2000):** A one-hit wonder that gets us dancing.
46. **"Trippin," Conro (2018):** Never forget: "Ain't nobody like you."
47. **"I'm So Into You," SWV (1992):** "You are so fine // You blow my mind"
48. **"I Found My Soul at Marvingate," Mono Mind (2018):** Funky. In a good way.
49. **"Romantic," Karyn White (1991):** Feeling romantic?
50. **"Feelin' Alright," Joe Cocker (1969):** We wish we could say the same. Soon, maybe.
51. **"Can't Stop the Feeling," Justin Timberlake (2016):** Try to forget this was part of the "Trolls" soundtrack.
52. **"HandClap," Fitz and the Tantrums (2016):** Clapping is mandatory.
53. **"Call Me Maybe," Carly Rae Jepsen (2011):** We'll definitely call you, Carly Rae.

54. **"You're the Inspiration," Chicago (1984):** We could all use some inspiration in our lives.
55. **"Crush," David Archuleta (2008):** One of two songs to make the list with this title.
56. **"Bug-A-Boo," Destiny's Child (1999):** A "TRL" staple. We're feeling nostalgic, what can we say?
57. **"Good Feeling," Flo Rida (2011):** We're holding on to a "Good Feeling" about the future.
58. **"Helena Beat," Foster the People (2011):** "I took a sip of something poison but I'll hold on tight"
59. **"Fancy," Iggy Azalea featuring Charli XCX (2014):** We wish we were this "Fancy."
60. **"Everything's Gonna Be Alright," Kenny Chesney and David Lee Murphy (2018):** We picked this one because ... duh.
61. **"No Letting Go," Wayne Wonder (2002):** Don't let go of hope.
62. **"Shake It," Metro Station (2007):** Shake your booty to this one.
63. **"One Step at a Time," Jordin Sparks (2007):** An "American Idol" standout hits the big time.
64. **"Just Dance," Lady Gaga (2008):** Actually, anything from Gaga should do the trick.
65. **"Lucky Star," Madonna (1983):** When you wish upon a star ...
66. **"Moves Like Jagger," Maroon 5 (2010):** Hiiiiiiiiii, Adam Levine.
67. **"Pound the Alarm," Nicki Minaj (2012):** A great party track that sounds just as good in our living room as the club.
68. **"Good Time," Owl City and Carly Rae Jepsen (2012):** "It's always a good time" as long as we practice [social distancing](#), right?
69. **"Fun," Pitbull featuring Chris Brown (2014):** Something "Fun" to lighten the mood.
70. **"Crush," Jennifer Paige (1996):** The other "Crush" on our list.
71. **"Don't Stop the Music," Rihanna (2008):** Seriously, music is the only thing keeping us sane right now.
72. **"C'est La Vie," Robbie Nevil (1986):** Remember him? Yeah, we didn't think so. Still, listen to the song.

73. **"I Love Your Smile," Shanice (1991):** You can thank my dentist for these pearly whites.
74. **"Drive By," Train (2012):** "Oh I swear to ya, I'll be there for ya // This is not a drive by"
75. **"How Will I Know," Whitney Houston (1985):** We miss you, Whitney.
76. **"Scream & Shout," Will.i.am featuring Britney Spears (2012):** It's what happens when you're cooped up in close quarters with loved ones.
77. **"Rainbow Connection," Kermit the Frog (1979):** Because ... the Muppets.
78. **"Fergalicious," Fergie (2006):** "I be up in the gym just working on my fitness" is what we're singing while doing push ups in our living room.
79. **"Where is the Love," Black Eyed Peas (2003):** We could certainly use more in the world today.
80. **"The Power of Love," Celine Dion (1993):** "Even though there may be times // It seems I'm far away // Never wonder where I am // 'Cause I am always by your side"
81. **"Shut Up and Dance," Walk the Moon (2014):** Go ahead and dance. No one's looking.
82. **"Heart of Rock and Roll," Huey Lewis and the News (1983):** This news isn't fake news.
83. **"Straight Up," Paula Abdul (1988):** "Do you really wanna love me forever // Or am I caught in a hit-and-run?"
84. **"Do Ya Think I'm Sexy," Rod Stewart (1978):** Well, do you?
85. **"Always Be My Baby," Mariah Carey (1995):** Hey, we could've picked one of her Christmas tracks. You're welcome.
86. **"Feel Good Inc.," Gorillaz (2005):** It's the foot-tapping feeling and not necessarily the lyrics that put this song on our list.
87. **"I Love It," Icona Pop featuring Charli XCX (2012):** Bet you'll love it.
88. **"Feel It Still," Portugal. The Man (2017):** So. Many. Awards.
89. **"Come and Get Your Love," Redbone (1973):** Yet another love song to help us through.
90. **"Man! I Feel Like a Woman!" Shania Twain (1997):** "We don't need romance, we only want to dance" is our new mantra.
91. **"ME!" Taylor Swift featuring Brendon Urie (2019):** Don't worry, Swifties. Your gal made the list.

92. **"I Do (Cherish You)," 98 Degrees (1998):** Boy band mania!
93. **"Baby Baby," Amy Grant (1991):** "Baby, baby // I'm taken with the notion // To love you with the sweetest of devotion"
94. **"Stacy's Mom," Fountains of Wayne (2003):** Cheesy and catchy. A killer combo.
95. **"Here Comes the Sun," Richie Havens (1971):** Sunny days are ahead, right?
96. **"Good Vibrations," Beach Boys (1966):** The Boys are here for us.
97. **"Let's Dance," David Bowie (1983):** "If you say run // I'll run with you // And if you say hide // We'll hide"
98. **"9 to 5," Dolly Parton (1980):** Love. Her.
99. **"Go Your Own Way," Fleetwood Mac (1977):** Just make sure you stay at least 6 feet apart.
100. **"Tubthumping," Chumbawamba (1997):** "I get knocked down // But I get up again" plus the name just makes us smile.