(Ahh, one, two, three, four) Regulations, stipulations Stand back, got my coat in hand I got me happy feet, I got me happy feet Shuffle down time, moving around time Too many people telling me what to do time I don't wanna take up any instruction Being myself is all that matters to me I'm gonna pick it up, yeah yeah Come on and pick it up, yeah yeah Oh, pick it up, yeah yeah Come on and pick it up I'm gonna pick it up, yeah yeah Come on and pick it up, yeah yeah Just let it go, oh Pick it up, yeah yeah Come on and pick it up Instead of spending time being uptight Thinking about what am I doing and where I'm going? I'm laying back in the lap of a holiday Away today Pick it up, yeah yeah Come on and pick it up Hey, come on Maybe we'll go to the city tonight Or just hang out in the neighborhood (hang out in the neighborhood) Whatever we do we'll be doing it right Cause we're doing just what we should (doing just what we should) Come on and pick it up Pick it up Everybody Pick it up (Hur-hur-hur-hur-hur-hur-hur) Pick it up, yeah yeah Come on and pick it up, yeah yeah Just let it go, oh Pick it up, yeah yeah Everybody do it now Pick it up, woo Come on pick it up, yeah yeah Come on and pick it up, oh, yeah yeah

Pick it up, yeah yeah

Come on and pick it up, yeah yeah