When you're feeling kind of down, inside you're blue Oh, tell me what you want to do
When you need a helping hand to see it through
Oh, I'm the only way

Countdown, the time is right We're gonna go dancing Uptown, move all night Get ready to play

When you're wondering if love has been untrue Oh, tell me what you want to do When you're feeling like your chained, do something new Oh, I'm the only way

Countdown, the time is right We're gonna go dancing Uptown, move all night Get ready to play

Countdown, the time is right Some days you're gonna miss me Uptown, move all night We're ready to play Get ready today

Come on strike
And knock them down with a spinner
Moving light
It's changing now (come on)
Come on strike
You're moving now like a winner
Come on strike
You gotta make a go

When you're feeling kind of down, inside you're blue Oh, tell me what you want to do When you need a helping hand to see it through Oh, I'm the only way

Countdown, the time is right We're gonna go dancing Uptown, move all night Get ready to play

Come on strike
And knock them down with a spinner
Moving light
It's changing now (come on)
Come on strike
You're moving now like a winner
Come on strike
You gotta make a go

Lost within your worries You forget to let it go Baby, can't you see? Never ending hurry We become dynamos Crazy, no love

Come on strike
And knock them down with a spinner
Moving light
It's changing now (come on)
Come on strike
You're moving now like a winner
Come on strike
You gotta make a go

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It's changing now (come on)

Countdown, the time is right We're gonna go dancing Uptown, move all night Get ready to play (come on)