You better be ready to catch this reggae train You better catch the fever to make you move and groove It's not funky it's a natural reggae beat To make you keep touch then you know this trip is right Oh lord lead and guide I and I in a herd Cause they tried many times to conquer I and I But because of I intelligency I could afford to be here just now You better be ready to rock this reggae train You better catch the fever to make you move and groove It's not the funky unky it's a natural reggae beat To make you keep in touch Then you know this trip is right Its' not harmful to the human health It's just knowledge for your mentality So you see friends it's wise to think twice this day And no matter where I go Jah love keep us go and go I say it send a current streaming to the nerve system Up and down and through the spine Then it come out through your mind So are you ready right now You better be ready to rock this reggae train You better catch the fever to make you move and groove It's not the funky unky it's a natural reggae roots To make you keep touch Then you know the trip is right Jah I beg you guide I and I from evil ones They tried many time to conquer I and I But because of I and I intelligence I could afford to be here j ust now You better be ready to rock this reggae train You better catch the fever to make you move and groove It's not the funky unky it's a natural reggae beat To make you keep touch Then you know this trip is right