I've been feelin' up tight
I might just want a chance to unwind
With you tonight
I've been feelin real tense
I think I need some discipline tonight
Baby

What would you do if I told u release me
What would you do if I told u release me
What would you do if I asked you...
Make me lose can control baby
Give me what a really want
School me baby won't you release me
Uh huh OK
This is for da lovaz
This is for da grown and sexy
This is for da youngstaz
If ya feelin stressed and ya got ya baby
Tell him release release release me

I got a proposition
Would you be my medicine all night baby
I need a remedy yeah fix me up real good
I think it's time ta put in work
Lay me down and do your worst tonight baby
Losin me up

If ya feelin stressed and ya had a bad day Things are goin wrong ain't goin your way All ya gotta do is grab your man Grab your lady and tell em' to release me