Get up, get it out
And groove it, in and out
And move it up and down
"All you got to do is"

Everybody get movin
And the rhythm will take the control
All the ladies are groovin
All the fellows are ready to go

We're going high tonight And it feels all right

Move it, movie

Everybody get to it
Everybody move up on inside
Baby do you wanna do it
Do you wanna go down one more time

It's getting hot tonight
And it feels just right

Move it, move it Move it, move it