If you got time,
don't waste your time,
because it's time,
you're movin' up and down,
up and down,
and up and down,
up and down,
and up and down,
and up and down.

If you got time,
don't waste your time,
because it's time,
you're movin' up and down,
up and down,
and up and down,
up and down,
and up and down,
and up and down.

Up down
up and down movin'
(repeat)

You're movin' up and down!