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I was sitting at my desk, I was a little
Depressed,
My nerves laid back, I was busy stressed,
Messed up in the club with the girlies but
I think about, think about yoooo.
I couldn't stay at alone I couldn't stay at home
So I thought about it, talked about it on my
Microphone
Because the plight that I have is to make the people groove,
The plight that I have is to make the people move.
The crowd went wild to the groove I was kicking,
Up down and all around town,
What you wanna do - WHAT - do to the groove?
What you want, what you want, what you want
- MOVE!
Move yo, move move yo
Move yo, move move yo,
Move yo, move move yo,
Move yo, move move yo.
MOVE MOVE MOVE
MOVE I said, move I said,
Move and go ahead,
Cause if we drop that
Beat you gotta feel that
Treatment my bass,
By the drums in your face,
Wanna see your left hand
Wanna see your right hand,
Still you gotta know we
Are a live bad band.
Move to the rhythm,
Move, move to the rhyme,
You can see it, you can
Feel it,
You can hear it in the
streets,
Step one to the front,
Step two to the back,
Move I said, move I said,
Move and go ahead Fred.
[Come on come on come
On now everybody
Move everybody, move
Move everybody
Come on come on come
On now everybody
Move it up move it down
Move it all around town
```

(2x)