One! Get off your seat!
Two! Stomp your boots to the beat!
Three! Throw your knees in the air!
Four! Like you don't care!
We don't want to see you slammin' in the pit, NO!
We don't want to see our girlfriends kicked, NO!
We just want to see you movin' faster and faster,
to the beat of the super ska master.
Phonys like to slam to the beat of ska,
we're not against that, but for us there's more.
To dance with us you needn't act like a jerk,
skankin's meant for fun, not for getting hurt!

Skankin' by numbers every night and day, skankin' by numbers is the only way, get off your seat and take a chance.

Skankin' by numbers is the only way to dance!

You can shave your head or pierce your nose, NOSE! Dress up in flannels or rudeboy clothes, CLOTHES! But where it matters is with your shoes, that's where ska's for your stylin' moves. Skankin' ain't just dancing it's our way of life. Away from trouble, away from strife. Afraid of fun? Then you had better beware, because on the dance floor, we don't have a care!

Time to hit the floor, do it soon, SOON!

Ska music's set to fill the room, ROOM!

Have never skanked? Well it's time to start!

Soon you will be a rudeboy hot!

Finally we'd like to stop and thank our roots,

respect the Specials, Maytals, and Toots!

Wailing Wailers, Laurel Aitken, and (english) Beat,
but most of all the Skatalites, they're music complete!