

# The Workout

Utada

I was dancing with a dirty blond Texan  
Charming accent but the music's playing too loud for talking  
So I showed him how people in the Far East get down

Push it up, push it down  
Pull it up, pull it down  
Keep it up, keep it down  
Now put me down  
...what a workout!

If you want, you can come  
Come get it, get it  
If you don't you may really regret it, 'gret it  
Up and down till your knees start shakin' shakin'  
Ain't it good to be alive tonight

One life, two-time, 3 girls, 4 guys  
Five ripples running up and down my spine  
6.0 Make it sweet, drop another dime

I was talking with a born-again Christian  
"So what's it like to start life all over?"  
He said "Amen,  
I feel like I've been rediscovering the tomb Tutankhamen."

Push it up, push it down  
Pull it up, pull it down  
Keep it up, keep it down  
Baby don't put me down  
...what a workout!

What you want, it's a done deal  
Shake it, shake it  
What you don't, you can forget about it, 'bout it  
Up and down, feel your brainwaves jumpin' jumpin'  
Make me wanna take a dive  
As we count to five

One life, two-time, 3 girls, 4 guys  
Five ripples running up and down my spine  
Can you hold on someone's calling on the other line

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Pull it up, pull it down  
Keep it up, keep it down  
Now put me down  
...what a workout!

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