Back It Up

[The Motet](#)

You know we got the sho fire love that's made to last
But in this age of cra-ziness things move so fast
When we're messing around, we forget about tried and true
Fallin away, in the day to day, from loving youYou just Slow it Down
And take a little time to see
The next Go-A-Round
You'll get your head up off that screen
There ain't no Stress or Need
To be ANYbody else but you
We're the Kings and Queens
But we gotta be present to ruleBack... It Up -- Taking the time to loveThere ain't no thing that we can't swing
Get knocked down, we get up and sing
Gotta take a little time to remind us about the truth