

# Grip of the Groove

## Zanister

Time to shut down the lights  
Clear your mind so all can be right  
Let the waves explore you  
Wash the old, grab on to the new  
Reach deep into your mind  
Feel your body slowly unwind  
About this time, feel the grip of the grind  
Then you start to move  
As you grind with the grip of the groove  
Ride the night with the lights  
Spread your arms so you can take flight  
Thrust on through your senses  
Tearing down all your fences  
Grinding and thrashing and moving your soul  
Cast out the tension that's taken control  
Rhythms and passions that pulsate your vibe  
Breathing and sweating, knowing you're alive  
About this time, feel the grip of the grind  
Then you start to move  
As you grind with the grip of the groove, yeah  
Close your eyes and fall through  
Think of knots that you can undo  
Reach and find your passion  
Caring not of what's in fashion  
Meet the heat with reflex  
Venture way past what we all call sex  
Find your inner spirit  
Feel the noise and then you'll hear it  
About this time, feel the grip of the grind  
Then you start to move  
As you grind with the grip of the groove  
Yeah, grind with the grip of the groove  
Grind with the grip of the groove  
Grinding and thrashing and moving your soul  
Cast out the tension that's taken control  
Rhythm and passion that pulsate your vibe  
Breathing and sweating, you know you're alive  
Reaching and searching and losing your mind  
Feel all senses as you start to grind  
Touching the sound as you start to move  
Gripping the grind as you grind with the grip of the groove  
Grind with the grip of the groove  
Yeah, Grind with the grip of the groove

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