

Rhythm 'n' Moves

Capital Lights

I got the rhythm, she's got the moves
All tight fits and all the right grooves
She'll cut the rug if I cut her loose
I got the rhythm, she's got the moves Every sugar rush ends in a crash
Every week's got a flavor but it never lasts
Mmm, bad days, I'm guilty of that
I know
Well I've never been a class-A act
I'm an overachiever with my courtesy last
But I can fake a mean heart attack
When I'm losing control
Yeah, I know what I like and I know where I stand
Three steps behind a girl that I once had
I took two steps right now I'm one step left
She'll weaken my knees until I can't stand
Because I got the rhythm, she's got the moves
All tight fits and all the right grooves
She'll cut the rug if I cut her loose
I got the rhythm, she's got the moves But she moves on oh so fast
Slithered on by like a snake in tall grass
I couldn't keep up my front with no back
And oh
Well this time it wasn't an act
I threw a pity party, gave myself a pat on the back
Your integrity is something I lack
When I'm losing control
Yeah, I know what I like and I know where I stand
I left my mark when she shed that skin
I took two steps right I got one step left
Should have knocked on wood before we shook hands
Because I'm breaking down, this is not who I am
The girl walks on water while I sink in quicksand I got the rhythm, she's got the moves
All tight fits and all the right grooves
She'll cut the rug if I cut her loose
I got the rhythm, she's got the moves
I got the rhythm, she's got the moves
All tight fits and all the right grooves
She'll cut the rug if I cut her loose
I got the rhythm, she's got the moves With her I'm a better man

Together we make one right
I'll hold on to her forever if
She'll give me one last shot
OooYeah, I know what I like and I know where I stand
Three steps behind a girl I wish I had
Two steps right now I'm one step left
You're the only one that'll light my fire
She's my perfect match I got the rhythm, she's got the moves
I got the rhythm, she's got the moves
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