The Workout

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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, three girls, four guys
Five ripples runnin' up and down my spine
Six point O 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
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'
Makes me wanna take a dive
As we count to five
One life, two time, three girls, four guys
Five ripples runnin' up and down my spine
Can you hold on someone's calling on the other line
I'm back
Push it up, push it down
Pull it up, pull it down
Keep it up, and 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, three girls, four guys
Five ripples runnin' up and down my spine
Six point O make it sweet, drop another dime

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