

Ain't No Stoppin' Us Now

Soul Train

Now, are why'all ready?
Are why'all ready?
Here we go now
Do it with the fever
Yeah, come on

Ain't no stoppin' us now
We're on the move
(Hey-yeah, hey-yeah)
Ain't no stoppin' us now
We've got the groove
(Spice Girls, check it out)

There've been so many things that have held us down
But now it looks like things are finally comin' around, yeah
I know we've got a long, long way to go, yeah
And were we'll end up, I don't know

But we won't let nothin' hold us back
We're gonna get ourselves together, ha
We're gon' polish up our act, yeah
And if you've ever been held down before
I know that you refuse to be held down any more, yeah-yeah

Don't you let nothin', nothin'
(Nothin' stand in your way, and all ago)
I want why'all to listen, listen
(That's right, to every word I say, every word I say about it)

Ain't no stoppin' us now (that's right)
We're on the move (you said it, we've got the groove)
Ain't no stoppin' us now
We've got the groove (ooh-oh-ooh, ooh-oh-ooh)
Ain't no stoppin' us now
We're on the move (we've got the groove)
Ain't no stoppin' us now
We've got the groove (yeah, look let me tell you this)

I know you know someone who's got a negative vibe (who?)
And if you only happen they only keep you alive (shut up!)

They really don't have nowhere to go
Ask them were they're going, they don't know

But we won't let nothin' hold us back
We're gonna get ourselves together, come on
We're gon' polish up our act, yeah
And if you've ever been held down before
I know that yo

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