

## Uscb Allstars

### "This One's For You"

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Once I first heard the sound of ska  
Then my feet began to move  
My legs and arms got a life of their own  
To this beat they can't refuse

I'm telling you  
Ska, rocksteady, ska, rocksteady  
Ska, rockstedy the jamaican way  
Ska, rocksteady, ska, rocksteady  
Music the jamaican way

Once bitten and twice as shy  
But this beat I can't deny  
This fly is here to stay  
Now give me ska the jamaican way

I'm begging you  
Ska, rocksteady, ska, rocksteady  
Ska, rockstedy the jamaican way  
Ska, rocksteady, ska, rocksteady  
Music the jamaican way

Third time and I knew I was lost  
And now I'm ska'd for life no matter what the cost  
Ska music for a better day  
Now give it to me the jamaican way

I'm telling you  
Ska, rocksteady, ska, rocksteady  
Ska, rockstedy the jamaican way  
Ska, rocksteady, ska, rocksteady  
Music the jamaican way

I'm begging you  
Ska, rocksteady, ska, rocksteady  
Ska, rockstedy the jamaican way

Ska, rocksteady, ska, rocksteady  
Music the jamaican way

I'm telling you, yeah

I'm begging you, yeah  
I'm telling you, yeah  
I'm begging you, music the jamaican way

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