

Deborah Conway

"Up & Down"

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J reckless uh uh huh
Double r uh uh uh
Beat block yeah
Deborah cox
Yo

Come on ma
You know i play hard ball
The triplex with them spinal steps
And them parkay floors
I just wann lay u down
The way u look
The way you smell
The way you sound
And they way you be puttin it on it
The nights alright
But nuthin can compare to the mornin
Cus that's where the love is real at
Up and down in and out tell me if u feel that

Oooh...
Baby I didn't come here to fight
Why you wanna mess with me
Oooh...
I'm always willin' to compromise
But you ain't controllin' me, no

Cause I
Came here to make love not war with you babe
So I try
To find some ways to make me feel good

Up and down, in and out
That's what love is all about
Always leaves both of us
Feelin' good, I'm so helpless
Up and down, in and out
Love keeps movin' us around
To the beat, like a drum
I don't know if I can catch the rhythm

Oooh...
You know me better than I know myself
So why are you keep teasin' me
Mmmh...
I can't see me bein' with nobody else
Cause you love me so crazy, yeah

Cause I
Came here to make love not war with you, babe
So I try
To find some ways to make me feel good

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Yo you actin real lady like
And i'm real hood
But at the end of the night we both feel good
And i don't wanna control you
I just wanna hold u
And i know i flip sometime
But i'm suppose to
And i don't mean to come off rude and all that
Cus i know u in your sexy mood and all that
Nobody get wettier that you do
Believe me girl i know you better than u do
Believe me it's always in the back of your head
How we go from the ju'causezi to the bacolny
Back to your bed
So perhaps we dicuss it a little
Can't change my attitude thou baby
Just adjust it a little
And i'ma keep heat thug
Only time i disarm myself ma
Is when we make sweet love
Ha i'ma protect homebase

Can't catch the rhythm
We gonna go out of homebase

You know I'm in a sexy mood
So why you gotta act a fool tonight
You need to change your attitude
Cause I ain't arguin' with you

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Are you feelin' me
Are you feelin' me, baby
Oooh...
I'm in the mood to make sweet love, yeah
You know I'm in a sexy mood
So why you gotta act a fool tonight
Up and down, in and out
Up and down, in and out
That what love is all about

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