

## **John Reuben**

### **"Up And At 'em"**

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You see there's too much energy to do nothin  
So we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
We up an at 'em what's happenin more than babblin  
Been in the lab practicin stretchin the abdomin  
Exercisin ideas an unravellin new ways to express what  
it is i been imaginin  
Have them in at the shot don't be nice track them in  
Not enough room in the place don't lie pack them in  
I'm just kiddin my man don't hassle them  
But i do think there's plenty of space for your mom dad  
and kin  
Folk provoke thought since the days i left my pen  
Stroke on top papers save what i wrote for later  
Like the moment at hand so are you ready  
We bout to keep the vibe movin like steady  
With a medley of word play quick witted  
When i word it certified to arrive in any sort of circuit  
Determined to make your time spent well worth it  
If you like what you hear well then i'm glad that you  
heard it  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em

Not this monotonous melancholy mundane monotone  
45 minutes of folly  
Over the metronome metro dome astronomical inside  
your home now  
If it ain't phenomenal we let it alone  
Let it be known we won't allow nor will we condone  
Anything less than the above has stated an shown  
An i'm not tryin to be a jerk upon this microphone  
I just wanna make you happy an the party full blown  
So if you up in the location with no time wastin  
Lookin for a vibe an some recreation  
Look no further friends you beat your destination  
No question period we at the point of exclamation  
Ha all i need is a little participation  
An i'll cordinate an formulate the orchestration ta  
Spark the party inta activation  
But it takes all of us to keep it escalatin  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do somethin move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
Option to have the big grant(?) an we bout to do it  
again  
You have no choice in the matter  
Get your hands up  
We bout to run it from beginnin to end  
You have no choice in the matter  
Get your hands up  
Up in the place with the style an grace  
You have no choice in the matter  
Get your hands up  
Ready to rock an get down tonight  
You have no choice in the matter  
Get your hands  
You see there's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
somethin  
(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
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An we don't care whatcha'll do but do something move  
somethin

(everybody in the place like this)  
We up an at 'em  
We up an at 'em  
There's too much energy to do nothin  
An we don't care whatcha'll do but do something move  
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