

John Reuben "Up And At Them"

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(chorus)

You see there's too much energy to do nothing
And we don't care what ya'll do but do something move
something
Everybody in the place like this
We up and at 'em

We up and at 'em what's happenin
More than babblin'
Been in the lab practicing
Stretchin the abdomen
Exercising ideas and unravelin
New ways to express what it is I've been imaginin
Have them in if they're shy don't be nice drag 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 let my pen
Stroke on top paper saved what I wrote for later
Like the moment at hand so are you ready
We're about to keep the vibe moving 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 well worth it
If you like what you hear well then I'm glad that you
heard it

(chorus)

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 and shown
And I'm not trying to be a jerk up on this microphone
I just want to make you happy and the party full blown
So if you're up in the location with no time wastin'
Looking for a vibe and some recreation
Look no further friends you've reached your
destination

No question period we're at the point of exclamation
Ha, all I need is a little participation
And I'll coordinate and formulate the orchestration
To spark the party into activation
But it takes all of us to keep it escalating

(chorus)

Options haven't been granted we're about to do it
again
You have no choice in the matter
Get your hands up
We're about to run it from beginning to end
You have no choice in the matter
Get your hands up
Up in the place with style and grace
You have no choice in the matter
Get your hands up
Ready to rock and get down tonight
You have no choice in the matter
Get your hands up

(chorus)

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