

## Adina Howard "My Up And Down"

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Turn the lights down baby  
And come to me baby  
Let me put something on your your (mmmmhmm)  
Cause I gotta let you know  
What I want, Where I want, whenever I need it baby  
So you know you betta be ready tonight cause its on

Haven't your heard  
about the upand down and round and round  
You should've known by now about my merri-go-round.  
Haven't your heard  
about the upand down and round and round  
You should've known by now about my merri-go-round.

You said you were happy  
With your wife and happy home  
So what I don't understand,  
is why your here with me tonight  
'Cause if your girlfriend could do the

freaky thing I do to you(hmmm)  
Then you do have the time to hang around  
for my ups and downs  
Deep in my heart  
I know I can make you moan  
Come on and lets get it on baby  
and all in my mind  
I gonna hold on tight  
cause tonight is the night  
we won't stop to we get it all right  
hold on tight  
tonight is the night  
baby your in for the time of your life

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