

# Spice Girls

## "Ain't No Stopping Us Now (Featuring Luther Vandros)"

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Now, are y'all ready?  
Are y'all ready?  
Here we go now  
Do it with the fever  
Yeah, come on

Ain't no stoppin' us now  
We're on the move  
(Hey-yeah, hey-yeah)  
Ain't no stoppin' us now  
We've got the groove  
(Spice Girls, check it out)

There've been so many things that have held us down  
But now it looks like things are finally comin' around,  
yeah  
I know we've got a long, long way to go, yeah  
And were we'll end up, I don't know

But we won't let nothin' hold us back  
We're gonna get ourselves together, ha  
We're gon' polish up our act, yeah  
And if you've ever been held down before  
I know that you refuse to be held down any more, yeah-  
yeah

Don't you let nothin', nothin'  
(Nothin' stand in your way, and all ago)  
I want y'all to listen, listen  
(That's right, to every word I say, every word I say  
about it)

Ain't no stoppin' us now (that's right)  
We're on the move (you said it, we've got the groove)  
Ain't no stoppin' us now  
We've got the groove (ooh-oh-ooh, ooh-oh-ooh)  
Ain't no stoppin' us now  
We're on the move (we've got the groove)  
Ain't no stoppin' us now  
We've got the groove (yeah, look let me tell you this)

I know you know someone who's got a negative vibe  
(who?)  
And if you only happen they only keep you alive (shut  
up!)  
They really don't have nowhere to go  
Ask them were they're going, they don't know

But we won't let nothin' hold us back  
We're gonna get ourselves together, come on  
We're gon' polish up our act, yeah  
And if you've ever been held down before  
I know that you refuse to be held down any more

Don't you let nothin', nothin'  
(I won't do it, stand in your way, no, no)  
I want y'all to listen, listen  
(That's right, to every word we say, every word we say  
about it)

Ain't no stoppin' us now (that's right)  
We're on the move (nothin' gonna, nothin' gonna , stop  
us now, stop us now)  
Ain't no stoppin' us now (yeah, come on)  
We've got the groove (Ooh-oooh, yeah, yeah)  
Ain't no stoppin' us now (No, no, no, no)  
We're one the move (On the move, hey yeah, hey yeah)  
Ain't no stoppin' us now  
We've got the groove (Yeah, now you see)

Don't wanna stop, please don't make me stop  
I don't wanna  
Don't wanna stop, please don't make me stop  
No, no, no, no, no  
Don't wanna stop, please don't make me stop  
I don't want to  
Don't wanna stop, please don't make me stop  
Uh, y'all, spell it out for me

S T O P P I N, ain't no  
(Do, yeah-hey)  
S T O P P I N, ain't no  
(you got it, ain't no, no, no)  
S T O P P I N, ain't no  
(Yeah, yeah, to the, to the, go 'head, ain't no, no no no  
no)  
S T O P P I N, ain't no  
(Yeah, yeah, to the, to the, come on, ain't no)  
Hey yeah, hey yeah

Ain't no stoppin' us now  
We're on the move (oh yes we are, yeah yeah)

(Don't want to stop, please don't make me stop)  
Ain't no stoppin' us now (yeah)  
We've got the groove (ooh-ooh, come on rhyme with  
me)  
(Don't wanna stop, please don't make me stop)  
Ain't no stoppin' us now  
We're on the move

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