

Chingachera Connection

"Up And Down"

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Ch.

Up and down
Up and down, it just goes
Up and down
Up and down, not too close
Start the engine, slowly
Do it right and wholly
Up and down
Up and down, together

Vs.1

Done by every creature
Some noobs need a teacher
For this plain procedure
I'm your leader
No one tries to explain
Well installed in your brain
You have just to maintain
That causes no pain
Movement with direction
Has it's own attraction
Do it in perfection
Here's the action
Feel the force of movement
Gives a nice improvement
All the time that you spend
With a good friend

Vs.2

Girl I am your mentor
Move it to the center
Carefully and tender
Don't surrender
Here's the next desire
Burn and blaze like fire
Raise the body higher
I admire
Graze the top and slide down
Make a move to safe ground

Mind the things will be found
Before rebound
There we have a small break
Resting for a remake
Time to take a sweet cake
And a milk shake

Vs.3

Meanwhile I've to confess
You made so much progress
Master the whole process
With some success
Obviously you like this
Lows and highs you don't miss
Many would be envious
This is your biz
How about we change side
So you will be my guide
Hope you play the cards right
In this small fight
Now I start to go up
You decide if I'll stop
On the absolute top
Do a good job

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