

**J McCoy****"Jump - Lil' Josh"**

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Rope swingers and runners  
Are you ready

**CHORUS**

Jump, jump, jump  
Double Dutch jump, jump, jump  
Freestyle jump, jump, jump  
Double Dutch jump, jump, jump  
Freestyle

Jump in, jump, jump  
Jump out, jump, jump  
Let me see what you all about jump, jump  
Jump in, jump, jump  
Jump out, jump, jump  
Do ya thing jump, jump, jump  
Everybody jump pu, get pumped up  
And Double Dutch, don't let the jump ropes touch  
In and out the middle, high stepping to the beat  
Here we go, here we go, gotta have quick feet  
Who wanna compete, you can meet us in the streets  
Tear up the concrete, and feel the heat in ya sneaks  
Slow it down and speed it back up  
Hold ya ground and try to catch up  
Pace yourself like a marathon runner  
When it's hot in the summer  
Double Dutch in your stunners "Yeeee"  
Don't let nobody take you under  
Competition trying to come up  
And take the title from ya  
And that's why practice makes perfect  
Handstands, flips, freestyle and work it  
They do what they do on purpose  
Even stunts that get the crowd nervous

**Chorus**

From left to right, it's your time to shine  
You're in the spotlight  
All eyes is on you and ya crew  
So come with it, pull out your best moves

In the end we all winners, no poor sports  
Or quitters, we havin' a good time  
On the top of our game, hard work and dedication  
No time for playing  
So put your game face on  
And lace up your shoes, create some new moves  
And let the judges choose  
Who's coming in #1, who's coming in #2  
It's all up to you so what you gon' do  
Freeze up or come through  
When you under pressure  
Gotta step it up 'cause they coming to test ya

Chorus

Double Dutch  
Freestyle  
Jump in, jump, jump  
Jump out, jump, jump

Double Dutch  
Freestyle  
Jump in, jump, jump  
Jump out, jump, jump

Back again for the third time  
Put it all on the line  
When it's crunch time  
Lil' Josh ain't never hard to find  
I go hard for mine  
Without crossing the line  
Unique and one of a kind  
Train to be the best  
Keep that state of mind  
And I'm a stay on my grizzie  
The name's Lil' Josh,  
Just so you know when you see me

Chorus (repeat)

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