

## No Secrets "Stride"

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Here we go  
Here we go

The name is AC  
And I'm here to make it hot  
I step into a room you could hear a pin drop  
Now I know you know  
I rocked alot of tunes  
Ryhme so high, I fly ya to the moon  
Don't try to take me out  
I'm the one who beat Shaq  
Said come and get it  
and told you where it's at  
9 o'clock on the dot  
I partied down the block  
I get my crew together  
And I make a pit stop  
Grab Kara, then Sara  
Lisa, Mandy, and Tara  
I got Jenny  
Then Jessie  
Now we're all chillin'

Jump On The Fizzy  
Ain't nothing gonna break my stride  
You know we're gonna hold it down  
Well, we're gonna keep it movin'  
Ain't noting but a good time  
Yeah, we're gonna shout it loud  
Well, we're gonna keep it movin'

(Jump On The Fizzy)  
(Jump On The Fizzy)

So listen up  
Check it out  
'cause this is kinda phat  
No I ain't crazy  
I'm an animaniac  
Bustin rhyems like Leanne  
Can you kick it (Yes I can)  
Ain't no fanatic

I'm just a big fan  
Take your left hand  
Right hand  
Raise em to the sky  
Take one step back  
And one to da side  
11 O'clock on the dot  
The party's getting hot  
All the girls on the floor  
Hear my beat drop  
Yo Kara and Sara  
Lisa, Mandy, and Tara  
Yo Jenny and Jessie  
We're all chillin'

Jump on the fizzy  
Ain't nothing gonna break my stride  
You know we're gonna hold it down  
Well, we're gonna keep it movin'  
Ain't noting but a good time  
Yeah, we're gonna shout it loud  
Well, we're gonna keep it movin'

Put your hands up  
(Jump on the fizzy)  
Put your hands high  
(Jump on the fizzy)  
Well beat is crackin' loud  
And we're bouncin' wit the crowd

Put your hands up  
(Jump on the fizzy)  
Put your hands high  
(Jump on the fizzy)  
Ya know we're goin'  
We're goin' real strong  
DJ put a lil guitar in my song  
Jump on the fizzy  
Here we go  
Put em up

Ain't nothing gonna break my stride  
You know we're gonna hold it down  
Well, we're gonna keep it movin'  
Ain't noting but a good time  
Yeah, we're gonna shout it loud  
Well, we're gonna keep it movin'

(Fades...)

