

## Tony Matterhorn

### "Dance Instructions"

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Good to go!  
Di whole world... uptown, downtown, dancin! It's on!  
Why shout!  
Mind over matta! What is mind... no matta  
What is matta...neva mind!

Chorus:  
I see the dancers come out tonight.  
Bogle, Sadiki, Ice, and John Hype  
what an exciiiiitement.  
I see di massive dem a move from left to right  
hair color color, Keiva, Stacy, (?) Luchie, Laba Laba de  
pon di riiiiight.

Verse 1:  
Everybody - free up  
Start free up (Free up)  
Everybody jus fling yuh hands up  
Free up. Mek we free up  
Free up yuhself  
Free up yuhself (Alright)  
Lift di weights  
Lift di weights  
Everybody mek we start lift di weights  
Knee height  
Lift di weights  
Knee height  
Lift di weights.  
Likkle higher  
To yuh chest, to yuh chest, to yuh chest.  
Ova ya head, ova ya head, lift di weights put it ova ya  
head.  
Free it up (4x).  
Instructions. Free it up. Free it up. Alright test it out.

Chorus:  
I see the dancers come out tonight.  
Bogle, Sadiki, Ice, and John Hype  
what an exciiiiitement.  
I see di massive dem a move from left to right  
hair color color, Keiva, Stacy, (?) Luchie, Laba Laba de

pon di riiiiight.

Verse 2:

Everybody - propeller.

Everybody propeller.

Propeller propeller propeller propeller. (Alright)

Helicopter, helicopter, helicopter, why yuh stop fah.

Helicopter, helicopter. Fi di woman dem. Helicopter.

Excitement. Excitement. Fling up yuh hand gyal.

Excitement.

Bounce ya friend my girl- excitement.

Push dem outta di way- excitement.

Shelly belly. shelly belly. shelly belly. everybody shelly belly.

Shelly belly (4x).

shelly belly (4x)

Shelly belly (3x). Cool off ah dat!

Chorus:

I see the dancers come out tonight.

Bogle, Sadiki, Ice, and John Hype

what an exciiiiitement.

I see di massive dem a move from left to right

hair color color, Keiva, Stacy, (?) Luchie, Laba Laba de

pon di riiiiight.

Verse 3:

Hop di ferry. Pon di ferry.

Hop di ferry. Hop di ferry.

Hop di ferry. Hop di ferry - we nuh Tom and Jerry.

Hop di ferry (4x).

Hop di ferry (3x). Watch mi girls dem.

Crazy hype. Crazy hype. Crazy hype. Watch John Hype.

Crazy Hype (4x).

Rockaway. Rockaway. Rockaway. It set away.

Rockaway. Rockaway. Everybody inna di dancehall - rockaway.

Rockaway. Rockaway. Rockaway. It set away.

Rockaway. Rockaway. Rockaway. Mix it up now!

Gimme a blas. Buss a blas. (Blase). Buss a blas. (Buss a blas). Buss a blas.

Buss a blas. Give dem a blas. (Blase). Give dem a blas.

(Blase blah). Mek ana blas. (Alright).

Raindrops. Raindrops. Raindrops. Everybody raindrops.

Raindrops. Raindrops. Raindrops. Everybody raindrops.

(Again).

Hard rain. Hard rain. Hard rain. Everybody hard rain.

Hard rain. Hard rain. Hard rain. Its a passa passa ting.

Lightning. Lightning. Lightning. Everybody gimme di lightning.

Lightning. Lightning. Ova deh so. Di lightning.

Cross deh so. Di lightning. Lightning. Everybody  
lightning. See it deh.  
Lightning. Lightning. Mek we change it up. Di lightning.  
(Alright)  
Tunda. Tunda. Tunda. Tunda. Tunda. Tunda. Di tunda.  
And di gyal dem.  
Bruk out gyal. Bruk out gyal. Bruk out gyal.  
Bruk out. brukout brukout. Brukout gyal. Brukout gyal.  
Brukout gyal.  
Brukout brukout brukout.

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