I see you sittin' There and all you Do is nod yo head Why don't you get up On the dance floor instead? It's about having fun, And not about lookin' cool So grab your crew And let me see What you can do Pop, lock, drop boy That groove is so fly The way your body moves, Do you know your mystefied We know each other, truth, Without a doubt, no lie Everything you do is so fly I'm justified

Nod your head
And swag with me
Let me see you get pumped
And feel the beat
Nod your head
And swag with me
C'mon you gotta stand up baby

Stand up stand up Can you feel the beat? Stand up stand up Let me hear ya' scream Stand up stand up Throw it in the air C'mon everybody, Let me see you whip your hair! Stand up stand up Let me see you move Stand up stand up You know how we do... Everybody stand up! Lemme se ya' stand up Stand up stand up Stand up!

On the floor rocking like
We never had before
Get it! Drop the beat,
I wanna hear some more
Check me and my girls
We 'bout to set it off
Gonna blow it up,
Now you know
who's the boss...
Take note, Were gonna teach you
How to rock it out
Strike it slow
I got the crowd on lock

Everybody gettin' wild You know what I mean

Throw it up Nod ya' head Let me hear ya' scream!

Nod your head
And swag with me
Let me see you get pumped
And feel the beat
Nod your head
And swag with me
C'mon you gotta stand up baby

Stand up stand up
Can you feel the beat?
Stand up stand up
Let me hear ya' scream
Stand up stand up
Throw it in the air
C'mon everybody,
Let me see your hair!
Stand up stand up
Lemme see you move
Stand up stand up
You know how we do
Everybody stand up!

Hey ladies! Why you sittin' in ya' chair?
Playin' with ya' hair,
Girl lookin' like a square
Acting all bored,
Like you don't even care
I swear there's a party goin' on in here!
Yo fella's, I mean for real (serious)
Actin' all cool
Permanant chill, bobbin' your head
Tappin' you feet
All you really gotta do is just react
To the beat

So stand up Shawty! And watch what I do, Take a look for... Just me and my crew Lookin' all fly with our skinny jeans on And our sharp! Can we get a ding dong? As I groove to my left, The Jerk to my right Juke to my left When twerf to right Move to my left, Then work to my right 'Till I'm coming on em' yall! Coming-coming on em' yall! Stand up!

Nod your head And swag with me Lemme see you get pumped And feel the beat Nod your head And swag with me C'mon you gotta stand up baby Stand up stand up Can you feel the beat? Stand up stand up Let me hear ya' scream Stand up stand up Throw it in the air C'mon everybody, Let me see your hair! Stand up stand up Let me see you move Stand up stand up You know how we do Everybody stand up! Lemme se ya' stand up Stand up stand up Stand up!