I'm moved when I see it,
You gotta feel it, oh,
Troubled with the TV on,
Feel so devastated,
And activated,
Oh come on,
Come on let's see some action,
I say it's no secret,
So don't you keep it,
Come on and get on the floor and just:

Break it out
Get it all out
and start freaking out
Just so we can
Make it out
Get off your feet and
Make this count
Ooh

Oh friends
Please excuse me
I'll put it loosely, oh
I'm sick and tired of sitting down
Can't help but see the reasons
To what I'm reading
Oh, the coffee mornings in this town
I'm done with ignorance
Is bliss and for this
I'm gonna hu, hu, hurry
And get up, get out
Make this be for something
Or else it's all just nothing

Break it out
Get it all out
and start freaking out
Just so we can
Make it out
Get off your feet and
Make this count
Ooh, yea.

When I started this,
I knew it was not just for this
Selfish pleasure of my own
Not for me, but for my hope
My hope
My hope

Break it out
Get it all out
and start freaking out
Just so we can
Make it out
Get off your feet and
Make this count

Ooh

Break it out
Get it all out
and start freaking out
Just so we can
Make it out
Get off your feet and
Make this count
Oh