

# Down For The One

Beverley Knight

Go down for the one  
Bump up on the two  
Go down for the funk game  
Go down for the one  
Bump up on the two  
Go down for the funk game

I recall the rise and fall  
In the funky little jams we used to throw down to  
Am I coming through?  
For those who know the two-step flow  
You'll remember how we used to love the 'tic tac toe'  
It was strong but slow

Let it overcome you  
'Til you got no choice to  
Tune in to what we wanna see you do

Go down for the one  
Bump up on the two  
Go down for the funk game (oh get down)  
Go down for the one  
Bump up on the two  
Go down for the funk game

As you chill, recall the thrill of intoxicating moves that make you feel so high  
Like the Butterfly  
And I would doubt you'd be without the best of what the DJ had to play to you  
Like he oughtta do

Let it overcome you  
'Til you got no choice to  
Tune in to what we wanna see you do

Go down for the one  
Bump up on the two  
Go down for the funk game (get down, get down)  
Go down for the one  
Bump up on the two  
Go down for the funk game

Move your body to the funk!  
(Just move it)  
Move your body to the funk!  
(Oh won't you get down?)  
Move your body to the funk!  
Move your body to the funk!  
Move your body to the funk!  
Move your body to the funk!  
(Just move it)  
Move your body to the funk!  
(Move it, move it, move it, move it up for me)  
Move your body to the funk!

Let it overcome you (Let it overcome you)

'Til you got no choice to ('Til you got no choice to)  
Tune in to what we wanna see you do (sing it, sing it, oh won't you go and get down)

Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
(Get up) Get down, (get up) get down (get down)  
Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
Get down, get down (you gotta, you gotta, you gotta get down)

Go down for the one  
Bump up on the two  
Go down for the funk game (oh have you got it people?)  
Go down for the one  
Bump up on the two  
Go down for the funk game

Go down for the one  
Bump up on the two  
Go down for the funk game  
Go down for the one  
Bump up on the two  
Go down for the funk game

Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
(Get up) Get down, (get up) get down (get down)  
Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
Get down, get down (wont you sing it wont you?)

Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
Get down, get down  
Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
Get down, get down [X2]

Down, like you know you should  
Better get up on the old school flavour  
Down, like you know you should  
Get down, get down