Here I am - smack in the middle of it Just got this natural way about it You can see it too - I just got it And now - back to the riddle of it Just don't know how to explain it Once I get it on - it takes over I know, I know, I know, I know I can't control it I know, I know, I know, I know Once it get started Chorus U can't stop (stop) You know what I got (you know what I got) So just go (go) - just go, let the rhythm flow Can't stop (stop) You know what I got (you know what I got) Get up (get up) - get up to whatever goes down (Bro'Sis) Here I am - crack the rhythm of it I don't have to think about it I just let it go and there you got it I guess - that's the beauty of it Whenever (ah) you see me go You know that what you see up there is soul, yeah I know, I know, I know, I know Just how to do it I know, I know, I know, I know Once I get started Chorus (2x)U can't stop (stop) You know what I got (you know what I got) So just go (go) - just go, let the rhythm flow Can't stop (stop) You know what I got (you know what I got) Get up (get up) - get up to whatever goes down As you hear there's no time for introductions I think you'd agree no everlasting A real enemy you haven't done seen And as you can feel the time has come for destruction Once you realise me your thoughts have deceived You don't really believe what your eyes have seen This letter is sealed with a kiss Sick people get healed by shit like this Any type a shield can't hold my fist U can't stop us goin' on Chorus (3x)U can't stop (stop) You know what I got (you know what I got) So just go (go) - just go, let the rhythm flow Can't stop (stop) You know what I got (you know what I got)

Get up (get up) - get up to whatever goes down