

# Up & Down

Deborah Cox

J reckless uh uh huh  
Double r uh uh uh  
Beat block yeah  
Deborah cox  
Yo

Come on ma  
You know i play hard ball  
The triplex with them spinal steps  
And them parkay floors  
I just wann lay u down  
The way u look  
The way you smell  
The way you sound  
And they way you be puttin it on it  
The nights alright  
But nuthin can compare to the mornin  
Cus that's where the love is real at  
Up and down in and out tell me if u feel that

Oooh...  
Baby I didn't come here to fight  
Why you wanna mess with me  
Oooh...  
I'm always willin' to compromise  
But you ain't controllin' me, no

Cause I  
Came here to make love not war with you babe  
So I try  
To find some ways to make me feel good

Up and down, in and out  
That's what love is all about  
Always leaves both of us  
Feelin' good, I'm so helpless  
Up and down, in and out  
Love keeps movin' us around  
To the beat, like a drum  
I don't know if I can catch the rhythm

Oooh...  
You know me better than I know myself  
So why are you keep teasin' me  
Mmmh...  
I can't see me bein' with nobody else  
Cause you love me so crazy, yeah

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To find some ways to make me feel good

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Yo you actin real lady like  
And i'm real hood  
But at the end of the night we both feel good  
And i don't wanna conrtol you  
I just wanna hold u  
And i know i flip sometime  
But i'm suppose to  
And i don't mean to come off rude and all that  
Cus i know u in your sexy mood and all that  
Nobody get wettier that you do  
Believe me girl i know you better than u do  
Believe me it's always in the back of your head  
How we go from the jucuzzi to the bacolny  
Back to your bed  
So perhaps we dicuss it a little  
Can't change my attitude thou baby  
Just adjust it a little  
And i'ma keep heat thug  
Only time i disarm myself ma  
Is when we make sweet love  
Ha i'ma protect homebase  
Can't catch the rhythem  
We gunna go out of homebase

You know I'm in a sexy mood  
So why you gotta act a fool tonight  
You need to change your attitude  
Cause I ain't arguin' with you

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Are you feelin' me  
Are you feelin' me, baby  
Oooh...  
I'm in the mood to make sweet love, yeah  
You know I'm in a sexy mood  
So why you gotta act a fool tonight  
Up and down, in and out  
Up and down, in and out  
That what love is all about