In the night, in the middle of the day
I call you over, but you always hesitate
Used to tell me, "You should leave it up to fate."
Now I that I never have to wait

Close my eyes, let down my hair
I'm thinking 'bout what I want, gonna take me there
Turn the dial on the stereo
I'm thinking 'bout who I want, and I won't let go

You can't hold me down, only I can do that You can't hold me down, only I can do that You can't hold me down, only I can do that You can't hold me down, hold me down

In a T-shirt, in my satin lingerie
A little lower, little higher, change pace
Used to wait here, but you'd always be too late
Now I can go here, and I never have to fake

Close my eyes, let down my hair
I'm thinking 'bout what I want, gonna take me there
Turn the dial on the stereo
I'm thinking 'bout who I want, and I won't let go

You can't hold me down, only I can do that

You can't hold me down, only I can do that You can't hold me down, only I can do that You can't hold me down, hold me down

A-ya-oh-wa-oh-oh A-ya-oh-wa, ooh ooh, you can't hold me! A-ya-oh-wa-oh-oh A-ya-oh-wa, ooh ooh, you can't hold me!

Thought you were my only love
But I found someone with the perfect touch
And ooh-wa, you can't hold me
I don't want to waste your time
Got a secret and it's mine all mine
Ooh-wa, you can't hold me
I used to have to wait around
Stay home, baby, I can hold it down
Ooh-wa, you can't hold me
Now I don't have to look no more
I'm the one that I've been waiting for
Ooh-wa, you can't hold me

A-ya-oh-wa-oh-oh A-ya-oh-wa, ooh ooh, you can't hold me! A-ya-oh-wa-oh-oh A-ya-oh-wa, ooh ooh, you can't hold me!

A-ya-oh-wa, ooh ooh, you can't hold me! A-ya-oh-wa-oh-oh A-ya-oh-wa, ooh ooh, you can't hold me!