Choose a bone in your body
Think about it real good
Move that bone, that bone don't lie
Start the motion, start to open your wings and fly

Isolation of selected gyration Can cause wide-world revolution (Ooh) A simple step, bum, step, bum, bum Ooh, get on up, baby

Close your eyes and imagine
Don't you know that you're good?
A heart and mind interaction
It's the fashion, it's still passion and it feels so good

Isolation of selected gyration
Can cause wide-world revolution, ooh
A simple step, bum, step, bum, bum
Makes you wanna go, ooh
Yeah

I know that you got a, a simple step inside ya I know that you got a, a simple step inside ya I know that you got a, a simple step inside ya I know that you got a, a simple step inside you

(Isolation of selected gyration) Yeah
(Can cause wide-world revolution, ooh)
(A simple step, bum, step, bum, bum) Oh, oh, yeah
(Makes you wanna go, ooh) Uh, oh
Isolation of selected gyration
Can cause wide-world revolution, ooh
A simple step (Bum, step, bum, bum)
Uh, a simple step, yeah, a-bum, bum, bum
Bum, bum, bum, oh (Makes you wanna go, ooh)
(Ooh, ooh) Oh, ooh-oh