Lil' Josh, Jump

Lil' Josh - Jump Rope swingers and runners, Are you ready? Jump jump jump Double dutch jump Jump jump jump Freestyle jump Jump Jump jump Jump in just out Lemme see what you all about Jump in jump out Do ya thing Everybody jump up Get pumped up And double-dutch Don't let the jump ropes touch In and out the middle High-steppin' to the beat Here we go here we go Gotta have quick feet Who wanna compete You can meet us in the streets Tear up the concrete And feel the heat in your sneaks Slow it down and speed it back up Hold ya ground and try to catch up Pace yourself like a marathon runner When it's hot in the summer Double-dutch in your stunners Don't let nobody take ya under Competition tryin' to come up And take the title from ya And that's why practice makes perfect Handstand, flips, freestyle, and work it They do what they do on purpose Signs to get the crowd nervous Jump jump jump Double dutch jump Jump jump jump Freestyle jump Jump Jump jump Jump in just out Lemme see what you all about Jump in jump out Do ya thing Jump jump jump From left to right It's your time to shine You're in the spotlight All eyes is on you and your crew So come wit it, pull out your best moves In the end we all winners No poor sports or quitters We havin' a good time On the top of our game Hard work and dedication. No time for complainin' So put your game face on And lace up your shoes Create some new moves And let the judges choose Who's comin' in number one, Who's comin' in number two

It's all up to you

So whatcha gonna do
Freeze up or come through
When you're under pressure
Gotta step it up a notch
They're comin' to test ya
Jump jump jump
Double dutch jump
Jump jump jump
Freestyle jump
Jump Jump jump
Jump in just out
Lemme see what you all about
Jump in jump out
Do ya thing