

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