What you gonna do
When it's inside of you
Wake it up and let it out
Put it on and scream and shout
You know, you know, you know, you know
It's all you can do
With a little bit of this and that
Did it make you feel better now?
Wake it up and let it out
Put it on and scream and shout
You know, you know, you know, you know
It's all you can do

(Well I know) I met the man in the mirror (I can see) He's so glad to see you (And I know) You wanted it way down

I want, I want, I wanna get it
Down and dirty, down and dirty
Shake me up, wake me up
Girl, you know I'll always be
Down and dirty, down and dirty
Hit me up, hit me up
Give me some of that down and dirty...

What you gonna do
When it's inside of you
Wind it up and let it go
Rock that baby even more
You know, you know, you know
It's all you can do

(Well I know) I met the man in the mirror (I can see) He's so glad to see you (And I know) You wanted it way down (Well I know) Don't let the feeling fear ya (I can see) I'd be glad to heal ya (And I know) You wanted it way down

I want, I want, I wanna get it
Down and dirty, down and dirty
Shake me up, wake me up
Girl, you know I'll always be
Down and dirty, down and dirty
Hit me up, hit me up
Give me some of that down and dirty...

Down and dirty, down and dirty
Shake me up, wake me up
Girl, you know I'll always be
Down and dirty, down and dirty
Hit me up, hit me up
Give me some of that down and dirty...

(G-get, g-,get, g-et, g-get down)

Woah yeah!

Down and dirty, down and dirty
Shake me up, wake me up
Girl, you know I'll always be
Down and dirty, down and dirty
Hit me up, hit me up
Give me some of that down and dirty...
Down and dirty, down and dirty
Shake me up, wake me up
Girl, you know I'll always be
Down and dirty, down and dirty
Hit me up, hit me up
Give me some of that down and dirty...

Yeah, yeah, down and dirty G-get, g-,get, g-et, g-get down