Everybody's got to know
If you wanna get up,
You know you gotta get low
Everybody all around
If you wanna get up,
You know you gotta get down

Hey, what's up?
Now do you wanna get goin'?
I can see you movin' up just fine
But when you're there,
Don't you ever forget
All who's been behind you all the time

There's a need to play,
There's a time to pray
There ain't nothin' wrong
why you should do it everyday
It's for everyone to have some fun
What we all need to know
Is that the only way to get up is to get down

Everybody get down
Everybody get down
Get down
Get down, get down
You know the only way to get up is if you get down
Everybody get down

Hey there's nothing wrong if you wanna go on I know it's your desire, you wanna make it strong But when the going gets too rough and when you wanna give up There may be something that you know you gotta do

There's a need to play,
There's a time to pray
There ain't nothin' wrong why you should do this everyday
It's for everyone out to have some fun
What we all need to know
Is that the only way to get up is to get down

Everybody get down
Everybody get down
Get down
Get down, get down
You know the only way to get up is if you get down
Everybody get down

Everybody's got to know
If you wanna get up,
You've gotta gotta get low
Everybody all around
If you wanna get up,
You've gotta first get down

Don't just say it in your mind, say it loud, let Him know Many times you find what you never thought of before

More precios than silver, more precious than gold, More than any other treasure you could ever own Yeah yeah, yeah yeah

Na na na na na (na na na na na)
Everybody's got to know
If you wanna get up,
You've gotta get low
Everybody all around
If you wanna get up,
You've gotta, you've gotta get down

Everybody all around If you wanna get up, You've gotta get down

Everybody all around
If you wanna get up,
You've gotta get down