I told you once, now tell you twice
I'm not gonna be a fool
'Cause when it comes down to my heart
It's not gonna be abused

Now I've been locked down and stepped on And it's cold down on the floor And I don't recall seeing your head When I couldn't take anymore

(Back it up) Don't you tell me that your love is for real

You got to prove how you really feel (Back it up) Don't you say you wanna be my man I got to know that you understand

Hey, boy, you better back it up

Now I'm not tryin' to judge you Your intentions might be fine But the last time I trusted someone All I could do was break down and cry

When it comes to heartache and pain There'll be no deja-vu, back it up And I don't recall seeing your head When I couldn't take anymore

(Back it up) Don't need no-one to write a beat on my heart I've got to know that this love's gonna start (Back it up) Your hugs and kisses, they don't mean a thing I've got to know that it's real love you bring

(Back it up) If you want some love give some in return Don't just smile, you're gonna have to earn (Back it up) I need someone to show me that they care I need a man who will always be there

You better back it up

(Back it up)

When it comes to heartache and pain There'll be no deja-vu

(Back it up) Don't you tell me that your love is for real You got to prove how you really feel (Back it up) Don't need no-one to write a beat on my heart I've got to know that this love's gonna start

(Back it up) Your hugs and kisses, they don't mean a thing I've got to know that it's real love you bring (Back it up) Back it up, you Back it up