

I'm a straight up kind of girl, I am  
I'mma tellin' it like it is, I am  
And that's just the kind of girl I am  
Head up, Hands up tell me

You're a handy kind of boy, you are  
You're a talented kind of boy, you are  
And that's just the kind of boy, you are  
Head up, Hands up these are

Headstrong crazy days  
When your mind's made up  
And the music plays  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?  
Meltdown, It's not a crush  
In a hot hot room, We're in a rush  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?

Gonna feel alive tonight, I am  
I'm a positive kind of girl, I am  
Leave my troubles behind tonight, I am  
Stand up, Get up tell me

Are gonna be down with me, You are  
Yeah you're coming along with me, You are  
'Cause that's just the kind of guy you are  
Stand up, Get up these are

Headstrong crazy days  
When your mind's made up  
And the music plays  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?  
Meltdown, It's not a crush  
In a hot hot room, We're in a rush  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?

Headstrong, Meltdown  
Headstrong, Meltdown

I want to know you, I want to show you  
I got the stuff now, Didn't you get enough?  
Step to the rhythm, Make the decisions  
These are the days when, living, loving' feel alive

I feel so alive, Yeah yeah, Yeah

Gonna feel alive tonight, We are  
We our steppin' into the light, We are  
Leave our troubles behind tonight, We are  
Stand up, Get up these are

Headstrong crazy days  
When your mind's made up  
And the music plays  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?  
Meltdown, It's not a crush  
In a hot hot room, We're in a rush  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?

Headstrong, Meltdown  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?  
Headstrong, Meltdown  
Headstrong can you feel the beat?  
Meltdown can you feel the heat?