

Ooooo baby I didn't come here to fight
Why you wanna mess wit me
Ooooo I'm always willin to compromise wit cha
But you ain't controllin' me
Cuz I came here to make love not war with ya babe
So try to find some ways to make me feel good

Chorus:

Up and down, in and out
That's what love is all about
Always leaves both of us feelin good or so helpless
Up and down, in and out
Love keeps movin us around to the beat like a drum
I don't know if I can catch your rythem

Ooooo you know me better than I know myself
So why ya keep teasin me
Oooo can't see me bein' with nobody else, no
Cuz you love me so crazy
Cuz I came here to make love not war with you babe
So try to find some ways to make me feel good

Chorus x2

Ya know I'm in a sexy mood
So why ya gotta act a foo tonight
You need to change ya attitude
Cuz I ain't arguin' with you, you're right
Ya know I'm in a sexy mood
So why ya gotta act a fool tonight
Ya need to change your attitude
Cuz I ain't arguin' with you

Chorus x2

are you feelin me?
Are you feelin me BABY?
I'm in the mood to make sweet love

Up and down, in and out x2
that's what love is