

THE WEEKEND WHIP (jones/chapman)

It's time for training and we're getting started
it's on, you know
and we wanna see you whip and shout it
we rock, you roll

they say
go slow
and everything just
stands so still
we say
go go
we're ready for the fight
we know the drill

monday morning and we feel defeated
seems so long ago
tuesday's comin' - we just keep on beatin
'til we're in our zone

they say
go slow
and everything just
stands so still
we say
go go
you're gonna see us rip into it, just

jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – we're gonna do it again, we just
jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – and do the weekend whip

Wednesday mornin' and we soon discover
We gotta push our game
we slept on thursday just to get it over
the whip's a day away

they say
go slow
and everything just
stands so still
we say
go go
you're gonna see us rip into it, just

jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – we're gonna do it again, we just
jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – and do the weekend whip

they say
no no
but we don't wanna sit around
no more
we say
go go
we wanna see you rip into it, just

jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – we're gonna do it again, we just
jump up kick back whip around and spin
and then we jump back, do it again
Ninja-Go!
Ninja-Go!
come on, come on – and do the weekend whip