

## **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