

# My Up and Down

[Adina Howard](#)

1st verse Turn the lights down baby  
And come to be baby  
Let me put something on your mind  
mmmmm-hmmm  
See I gotta let you know  
That I want-What I want-Whenever I need baby  
So you better be ready tonight  
'cause it's on  
chorus:Haven't you heard  
About my up and down (and round and round)  
You should've known by now (baby)  
About the merry-go-round  
Haven't you heard  
About my up and down (and round and round)  
You should've known by now  
About the merry-go-round 2nd verse: You said you be happy  
With a wife and happy home  
What I don't understand is why you're here with me tonight  
As if your girlfriend  
Could do the freaky things I do to you  
You wouldn't have to time to hang around for my up and down  
Deep in my heart  
I know I can make you moan  
c'mon lets get it on baby  
All in my mind break down: I wanna hold on tight  
'cause tonight is the night  
We won't stop 'till we get it all right  
Hold on tight  
Tonight is the night  
Baby you're in for the time of your life yeaah Haven't you heard  
About my up and down (and round and round)  
You should've known by now (baby)  
About the merry-go-round  
Haven't you heard  
About my up and down (and round and round)  
You should've known by now  
About the merry-go-round \*said during last chorus: (round and round and round we'll go, where  
we'll stop, nobody'll ever know)

Lyrics provided by <http://www.1songlyrics.com/>

