Mustard Plug, Get It Goin' On

get it going on(get it moving) listen up children, heed the words i say there are people here amongst us, who have lost their way some people have forgotten what its all about rock-n-roll is here to make you dance and shout they cower in the backround, and they sneer and whine time to take it back, do ya hear my cry...hey, hey! can ya help me?(can you help me now?) can ya break me?(can you break me now?) yeah i know what you're thinking cuz i thought it too but if you think you're to smart you're a fucking fool! there is only one salvation that can save your soul time to testify to the rock-n-roll the musics coming harder and the feeling is right can you make it moving can you move it tonight