I want you to hit it Good God, hit it and quit it I want you to, hoo, whoa, yeah Oh mama, hit it God, hit it and quit it I want you to, oh, oh yeah Oh mama, hit it Good God, hit it and quit it I want you to, ooh, ooh, ooh, ooh You can shake it to the east Shake it to the west, hit it Good God, hit it and quit it Yeah, all up and down And move it all around, hit it Good God, hit it and quit it, yeah You can shake it for dinner Or you could spread it all around, hit it Good God, ooh, quit I want you to hit it and quit it I want you to hit it and quit it I want you to hit it and quit it You can shake it to the east Shake it to the west, hit it Good God, hit it, quit You can shake it to the one You love the best, hit it Ha, hit it, quit it Ah, good God, hit it and quit it Ooh, good God, hit it and quit it Oh, good God, hit it and quit it Quit it, quit it, hit it