RUNNING CADENCES

C-130 rolling down the strip
Navy Seals on a one way trip
Mission top secret, destination unknown
We don't even know if we're ever going home
Stand up, hook up, shuffle to the door
Jump right out and count to four
   It my main don't open wide
   I've gotta reserve by my side
   If that one should fail me too
Look out ground cause I'm a comin' through
   If I die on that old drop zone
   Box me up and ship me home
   Pin my metals upon my chest
   Bury me in the leaning rest

Up in the morning, before day
   I don't like it, no way
   Eat my breakfast too darn soon
   Hungry as a bear by noon
   Went to the mess sergeant on my knees
   Said "mess SGT., mess SGT. feed me please"
   Mess SGT. said with a big wide grin
   Said, "If you wanna be Marine Corps, you gotta be thin"
       Gotta be
       Lean and mean

Everywhere we go-o
People wanna know-o
   Who we are
   So we tell them
   We're not the Army
   The backpackin' Army
   We're not the Air Force
   The low flyin' Air Force
   We're not the Mo-rines
They don't even look mean
   We're not the Coast Guard
They don't even work hard
   We are the Navy
   The world's greatest Navy
The mighty-mighty Navy

I heard that in the Navy
the food was mighty fine
a chicken jumped off the table
and started marking time.

I heard that in the Navy
the coffee was mighty fine
it looks like muddy water,
it tastes like turpentine.

I heard that in the Navy
the women were mighty fine,
they look like Godzilla,
they kiss like Frankenstein.

I heard that in the Navy
the toilets are mighty fine,
you flush them down at seven
they come back up at nine.

I heard that in the Navy
the pay is mighty fine,
they give 100 dollars
and take back 99.

A little bird
with a little beak
landed on
my toilet seat.
I pushed him in
and flushed him down
and then I watched
him swirl around.

Superman was the man of steel,
but he aint no match for a Navy Seal.
Chief and Supe got in a fight;
Chief hit Supe with kryptonite.
Supe fell to his knees in pain.
Now Chief’s dating Louis Lane
Well Chief and Batman had one too,
Chief hit him in the head with his shoe.
Hit him in the temple with his left heel,
Now Chief’s driving the Batmobile.
When I get to heaven
St. Peter's gonna say
"How'd you earn your living"
"How'd you earn your pay"
I will reply with a bit of anger
I earned my living as an Airborne Ranger
Lived a life of guts and danger
Nothin' too tough for an Airborne Ranger

My Marine Corps came alive
First there came the color gold
To show the world that we are bold
Then there came the color red
To show the world the blood we shed
Then there came the color green
To show the world that we are mean
Then there came the color blue
To show the world that we are true
Oh yeah
Marine Corps
Your Corps
My Corps

Oh there's a place where Marines are made,
Yellin and a runnin' day to day.
Mean DI's makin' fighting machines,
They take boys and make them mean.
Get up in the mornin' in the drizzle and rain,
Run all day till you feel the pain.
This is the place that God forgot,
Sand is deep and the sun is hot.
It's as fierce your Drill Instructor's face,
Parris Island is the name of this place
Orraaahhh
Oh Yeah
Oh Yeah
Parris Island
Marine Corps
Here we go
Here we go
Orraaahhh

PT
PT
Ah Ha
Heavy on the left foot
Motivated Left foot
Oh Yeah
Aint no use in lookin down
There aint no discharge on the ground.
There aint no use in lookin back,
A Jodies got your Cadillac.
There aint no use in feelin blue,
A Jodies got your lady too.
Oh yeah
Ah Ha
Not for long
Not for long
Feelin Good
Feelin Bad
Ah Ha
Ah Ha
Here we Go
Here we Go
Oh Yeah
Oh Yeah
One mile
No sweat
Two miles
Better yet
Three miles
Gotta run
Four miles
To the sun

Tarzan and Jane was swinging on a vine,
Sippin from a bottle of Vodka double wine.
Jane lost her grip and down she fell,
When she hit the ground she let out a yell.
Ayyyyy Yiiiiii
Uh Uh
Feels Good

Tarzan and Cheetah was swinging on a vine,
Sippin from a bottle of Vodka double wine.
Cheetah lost his grip and down he fell,
When he hit the ground he let out a yell.
Ayyyyy Yiiiiii
Uh Uh
Feels Good
Through the desert and across the plains
Steaming jungles and tropic rains
No mortal foe can stop me now
This is gonna be my solemn vow
I have honor and I have pride
Winning serves me as my guide
This Corps shocks our enemies
Brings them crashing to their knees
Basic Training is plenty rough
To make it through you must be tough
Hey, Squad Leader, don't be blue
They're gonna make you a soldier, too

Up in the middle of the drizzle and the rain,
I packed my chute and I ran to the plane.
Mission top secret there's a mission unknown,
We don't know if we're ever comin' home.
Stand up, buckled up, shuffled to the door,
Jumped right out and shout MARINE CORPS!
If my chute don't open wide.
I've got another one by my side.
If that chute don't open round.
I'll be the first one on the ground.

Orraahhh!
Orraahhh!

Tell my mama not to cry
In the Marine Corps you will do or die.
Pin my wings upon my chest
Tell my girl I've done my best.
Place a Kabar in my hand.
I'll fight my way to the promised land.
Orraahhh!
Lean and mean
U.S. Marine
Orraahhh!
Orraahhh!

Up in the morning at the break of day
Working so hard we never play
Running through the jungle where the sun don't shine
All I do is double time
Up in the morning and out of the rack
Grab my clothes and put them on my back
Running cross the desert in the shifting sand
Drill Sergeant, look, I'll give you a helping hand
Up in the morning with a whistle and a yell
I know that voice and I know it well
Drill Sergeant says you better hit the floor
And don't be walking going out the door
I like women and I like wine
But all I do is double time
Double time here and double time there
Man this life, it's the best anywhere

Down in Louisiana close to New Orleans
Way up in the hills amongst the evergreens
In a little house made of earth and wood
Lived a country boy name of Johnny B. Good.
He never really learned to read or write so well
But he could play a guitar like he was ringing a bell.

Say go
Go Johnny go, go
Go Johnny go, go
Go Johnny go, go, go
Johnny B. Good.

Unused to carry his guitar in a gunny sack
And go out to the trees by the railroad track.
Sittin’ and playin’ underneath the shade
Atrummin’ to the rhythm that the drivers made.
People passin’ by used to stop and say
My that little country boy can play.

Say go
Go Johnny go, go
Go Johnny go, go
Go Johnny go, go, go
Johnny B. Good.

Johnny some day you will be a man
And you will be the leader of a big old band.
People will come from miles around
To hear you play guitar when the sun goes down.
Johnny someday your name will be in lights
Sayin’ Johnny B. Good tonight.

Say go
Go Johnny go, go
Go Johnny go, go
Go Johnny go, go, go
Johnny B. Good.

If I die in a combat zone
Box me up and send me home.
Pin my medals upon my chest.
Tell my momma I done my best.
Momma, Momma don’t you cry
Marine Corps way is to do or die.
Bury my body six feet down
Until you hear it touch the ground
Betcha five dollars up to this day
When it hits the bottom you’ll hear me say:
I want to be a Drill Instructor.
I want to wear my Smokey Bear.
I want to be a Drill Instructor.
I want to cut off all of my hair.

Listen to the rhythm of the tiny tiny feet
Sounds like the Army in a full retreat.
In the Army young and old
They want to wear the Crimson and Gold.
Talkin’ bout Marine Corps.
Eat sleep Marine Corps.
Marine Corps
Marine Corps
My Corps
Your Corps
Our Corps

Navy Navy where you at
Come on out and lets lose some fat

My granddaddy was a horse Marine
Everything he wore was Marine Corps green
He ate steaks eight inches thick
And picked his teeth with a Guidon stick
He was motivated
He was dedicated
He was motivated
He loved to double time.

Gimme that old Marine Corps spirit
Gimme that old Marine Corps spirit
Gimme that good old Marine Corps spirit
Cause its good enough for me
It was good for Chesty Puller
  It was good for Dan Dailey
  It was good for Sergeant Major
  And it’s good enough for me.

It was good at Belleau Wood
  It was good at Saint Mihiel
    It was good in Paris
  And it’s good enough for me.

It was good at Wake Island
  It was good at Guadalcanal
    It was good at Iwo Jima
  And it’s good enough for me.

It was good at the Chosin Reservoir
  It was good at Khe Sahn
    It was good at Hue City
  And it’s good enough for me.

It was good at Kuwait City
  It was good in Afghanistan
  It was good on the road to Baghdad
  And it’s good enough for me.

________________________________________

C-130 on a taxiway
  Navy SEALs gonna jump today.
  Stand up hook up shuffle to the door
  Throw myself out at the count of four.
    If my chute don’t open wide
      I got another one by my side.
    If that one don’t open round
      I’ll be the first SEAL on the ground.
  Body parts scattered far and wide
  Scattered all over the country side.
  C-130 on a taxiway
  One less SEAL gonna jump today.

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Out of the sky in the middle of the night
  When I hit the deck I’ll be ready to fight.
    Grease gun k-bar by my side
      Yhese are the tools that i live by.

    Hey Babba loo bop seal team baby.
    Hey Babba loo bop don’t mean maybe.
Up from a submarine fifty feet below
Scuba to the surface and I’m ready to go.
Breast stroke side stroke swim for the shore
When I hit the beach I’m ready for war.

Hey Babba loo bop seal team baby.
Hey Babba loo bop don’t mean maybe.

I wanna be a navy pilot
I wanna fly an F-18
I’m gonna fly with the canopy open
I wanna hear those commies scream.

Ain’t no use in looking down
Ain’t no discharge on the ground.
Ain’t no use in looking back
Jody’s got your Cadillac.

Jody Jody six foot four
Jody’s never been whupped before
I’m gonna take me a ninety-six
Put big Jody in a great big fix.

**Sample Jody hand-off**

Exum Exum where you at
Come on out and sing a chant.

Take it

I got it

Every where we go
People want to know
Who we are
So we tell them
We’re Cadets from Johnson High you’ve heard so much about
Mommas bring their children in whenever we go out
People say we’re crazy cause the crazy things we do
We’re Cadets from Johnson High so who the heck are you?