

# Running Cadences

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Sittin' on a mountain top, beating my drum

Beat it so hard that he MP's come

I said MP, MP, don't arrest me

Arrest that leg behind the tree

He stole the whiskey, I stole the wine

All I ever do is double-time

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Airborne Ranger raving mad

He's got a tab I wish I had

Black and gold and half moon shape

Airborne Ranger, he's gone ape

Jumpin' through windows, kicking down the walls

Airborne Ranger's havin' a ball

So if there's a trouble in the world today

Call on the men in the Black Berets!

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Up in the morning 'fore the break of day

I don't like it, no way

Eat my breakfast too damn soon

Hungry as a hound dog, 'fore noon

Went to the mess hall on my knees

I said, "Mess SGT., Mess SGT., feed me please!"

Mess SGT. said with a big ol' grin  
"If you wanna be Airborne, you gotta be thin"

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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

---

Me and Superman got in a fight  
I hit him in the head with some Kryptonite  
I hit him so hard I busted his brain  
And now I'm dating Lois Lane

Well, me and Batman, we had one, too  
I hit him in the head with my left shoe  
Right in the temple with my left heel  
And now I'm driving the Batmobile

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A...A...MEN )

A...A.....MEN ) sung by the group

A...A...MEN AMEN AMEN )

sing it over )

sing it louder now )

sing it soft now )

real loud now ) sung by cadence caller between each line

real soft now )

Hallelujah! )

praise the Lord now )

---

I saw an old lady running down the street  
Had a chute on her back, jump boots on her feet  
Said, "Hey old lady, where you goin' to?"  
She said, "US Army Airborne School"  
Whatcha gonna do when you get there?  
Jump from a plane and fall through the air  
I said, "Hey old lady, ain't you been told?  
Airborne School's for the brave and the bold."

She said, "Hey, now soldier, don't be a fool,

I'm an instructor at Airborne School!"

Saw an old lady marching down the road

Had a knife in her hand and a 90 lb. load

Said, "Hey old lady, where you goin' to?"

She said, "US Army Ranger School"

Whatcha gonna do when you get there?

Jump, swim, and kill without a care

I said, "Hey old lady, ain't you been told?"

Ranger School's for the brave and the bold."

She said, "Hey, now soldier, don't be a fool,

I'm an instructor at Ranger School!"

Saw an old lady running down the track

Had fins on her feet and a tank on her back

Said, "Hey old lady, where you goin' to?"

She said, "US Army Scuba School"

Whatcha gonna do when you get there?

Swim under water and never breathe air

I said, "Hey old lady, ain't you been told?"

Scuba School's for the brave and the bold."

She said, "Hey, now diver, don't be a fool,

I'm an instructor at Scuba School!"

She did PT just for fun

92

She did PT better than you

93

She did PT better than me

94

She did PT more and more

95

She did PT to stay alive

96

She kept on doing flutter-kicks

97

She up and died and went to heaven

She met St. Peter at the pearly gates

Said, "St. Peter, St. Peter, hope I'm not late

St. Peter said with a big ol' grin

"Get down granny, and knock out ten"

She replied with a big ol' smile

"Sorry, St. Peter, I'm on profile!"

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One mile

No sweat

Two miles

Better yet

Three miles

Gotta run

Four miles

To the sun

---

I don't know but I think I might  
Jump from an airplane while in flight  
Soldier, soldier, have you heard  
I'm gonna jump from a big iron bird  
Up in the morning in the drizzlin' rain  
Packed my chute and boarded the plane  
C-130 rollin' down the strip  
64 Rangers on a one-way trip  
Mission Top Secret, destination unknown  
They don't know if their ever coming home  
When my plane gets up so high  
Airborne troopers gonna dance in the sky  
Stand up, hook up, shuffle to the door  
Jump right out and count to four  
If my main don't open wide  
I got a reserve by my side  
If that one should fail me too  
Look out ground, I'm a-coming through  
If I die on the old drop zone

Box me up and ship me home  
Bury speakers all around my head  
So I can rock with the Grateful Dead  
Bury speakers all around my toes  
So I can rock with Axel Rose  
If I die on a Chinese hill  
Take my watch or the commies will  
If I die in the Korean mud  
Bury me with a case of Bud  
Put my wings upon my chest  
And tell my Mom I did my best

---

A is for Airborne

I is for in the sky

R is for Ranger

B is for bonafide

O is for on the go

R is for Rock-n-Roll

N is for never quit

E is for everyday

'Cause I'm Airborne

All the way

Super-duper

Paratrooper

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R is for rough and tough

A is for all the way

N is for never quit

G is for gung-ho

E is for excellence

R is for Ranger

---

Two old ladies lying in bed

One rolled over to the other and said,

"I wanna be an Airborne Ranger

Live a life of sex and danger

Blood, guts, sex, and danger

That's the life of an Airborne Ranger!"

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When I get to heaven

St. Peter's gonna say,

"How'd you earn your livin' boy,

How'd you earn your pay?"

I'll reply with a whole lot of anger,

"Made my living as an Airborne Ranger!

Blood, guts, sex, and danger

That's the life of an Airborne Ranger!"

When I get to Hell

Satan's gonna say,



"How'd you earn your livin' boy,  
How'd you earn your pay?"  
I'll reply with a fist to his face,  
"Made my living laying SOULS to waste!"

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'Coon skin and alligator hide  
Makes a pair of jump boots just the right size  
Shine 'em up, lace 'em up, put 'em on your feet  
Brand new jump boots can't be beat

---

I had a dog who's name was Boo  
Boo wanted to go to Infantry school  
So early one day I took away his chow  
And I motivated his bow-wow  
I made him walk for 15 days  
And put old Boo into a zombie haze  
Now my Boo's a trooper, too  
Mess with him and he'll bite you

---

GI coat and GI comb  
Gee, I wish that I were home  
GI coat and GI gravy  
Gee, I wish I'd joined the Navy

---

AWOL, AWOL, where've you been?

Down in the bars, drinking gin  
What ya gonna do when you get back?  
Sweat it all out on the PT track

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Engineers are number one  
They call us when there's work to be done  
Aviation is all we hear  
We do the work, they drink the beer  
Pistol ranges, soccer goals  
Road extensions, we do it all

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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 Army 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

---

Jesse James said before he died

There's five things he wanted to ride

A bicycle, tricycle, automobile

A bow-legged horse and a ferris wheel

---

Engineer, engineer running down the road

Running so fast makes the others look old

We're running hard and we're running long

Still singing another stupid song

Build a road or cut down a tree

Or dig some graves for the Infantry

Working hard and working all day

Knocking down anything that gets in the way

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