

## Running ("Double Time") Cadences

*(120 beats per minute)*

### **Saw an Old Lady**

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!"

### **C-130**

C-130 rolling down the strip,  
Airborne daddy's gonna take a little trip.

Mission uncertain, destination unknown,  
Don't even know if we're ever coming home.

Stand-up, Hook-up, shuffle to the door,  
Jump right out and count to four.

Slip to the left and slip to the right  
Slip on down to a firefight.

Hit the drop zone with my feet apart  
Legs in my stomach and feet in my heart.

And if my main don't open wide,  
I've got a reserve by my side.

And if that one should fail me too,  
Look out below, I'm coming through.

And if I die in the old drop zone,  
Box me up and ship me home.

And if I die in the Korean mud  
Bury me with a case of Bud

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

Pin my medals upon my chest,  
And bury me in the leaning rest.

## My Granny

When my granny was niner zero  
She came home a peacetime hero

When my granny was ninety one  
She did PT just for fun

When my granny was ninety two  
She did PT better than you

When my granny was ninety three  
She led the Squadron in (pause) PT

When my granny was ninety four  
She renewed to do it some more

When my granny was ninety five  
She was the greatest Sergeant Major alive

When my granny was ninety six  
She did PT just for kicks

When my granny was ninety seven  
She up and died and she went to heaven

She met Saint Peter at the Pearly Gate  
Saint Pete said "Granny, you are late!"

Then he said with a big wide grin  
"Get down, Granny, and knock out ten."

She knocked them out then did some more  
Said "I'm proud to join this Airborne Corps"

## Everywhere We Go

Everywhere we go - oh  
People wanna know - oh

Who we are  
Where we come from

So we tell them  
We are \_\_\_\_\_  
(Alpha, Bravo, etc)  
(Alpha used as example)

Mighty Mighty Alpha  
Rough - n- tough Alpha  
Straight shooting Alpha

Better than Bravo  
Big baby Bravo

Better than Charlie  
Chicken chicken Charlie

Better than Delta  
Dumb-dumb Delta

Better than Echo  
Icky icky Echo

We are Alpha  
Mighty Mighty Alpha

## Loose Double-Time Couplets

One, Two, Three, Four-or  
Run me, run me, run me some mor-ore

Sergeant, Sergeant, can't you see  
All this PT's killing me

Dress it right and cover down  
Forty inches all around

Thirty inches is the pace  
Slow it down - it's not a race

Running fine and looking good  
Ought to be in Hollywood

When your left foot hits the ground  
You sound off with a clapping sound  
*Everybody claps on the left foot*

GI beans and GI gravy  
Gee, I wish I joined the Navy

GI gravy and GI beans  
Gee, I'm glad I'm not a Marine

### **Up in the Morning**

Up in the morning at the break of day  
Work so hard we never play

Run through the jungle where the sun don't shine  
And all I do is the double time

Up in the morning and out of the rack  
Grab my clothes and put them on my back

Run thru the swamp and up in a tree  
First sergeant chasing after me

I like whiskey and I like wine  
But all I do is double time

Up in the morning before the break of day  
I don't like it no way

Eat my breakfast too darn soon  
Hungry as hell by noon

Went to the mess sergeant on my knees  
I said mess sergeant, mess sergeant, feed me  
please

Mess sergeant said with a big old grin  
If you want to be airborne, you got to be thin.

### **When I Get to Heaven**

When I get to heaven,  
Saint Peter's gonna say,  
How'd you earn your living boy?  
How'd you earn your pay?

I reply with a whole lot of anger,  
Earned my living as an Airborne Ranger.  
Livin' a life of Guts and Danger,  
Blood, Sweat, Guts, and Danger.  
That's the way, of an Airborne Ranger

When I get to hell,  
Satan's gonna say,  
How'd you earn your living punk?  
How'd you earn your pay?  
And I replied with a boot to his face,  
Earned my livin' laying souls to waste!

## Marching Cadences

*(80 beats per minute)*

### **Count Cadence, Delay Cadence**

Count Cadence  
Delay Cadence  
Skip Cadence  
Count

(One) Airborne Soldier  
(Two) Better do your best  
(Three) Before you find yourself  
(Four) In the leaning rest.

(One) Hit it  
(Two) Kick it  
(Three) Stab it  
(Four) Kill it

One, two, three, four we're not the damn  
Marine Corps  
We like it here, we love it here we've finally  
found a home  
(a what) a home (a what) a home  
A home away from home. YEAH!

### **Mama, Mama**

Mama, Mama can't you see  
What this Army's done for me,

They took away my faded jeans,  
Now I'm wearing Army Greens.

Mama, Mama can't you see  
What this Army's done for me,

I used to drive a Cadillac,  
Now I hump it on my back.

Mama, Mama can't you see  
What this Army's done for me,

Sat me in the Barber's chair,  
Spun me around, I had no hair.

Mama, Mama can't you see  
What this Army's done for me,

I used to date a beauty queen,  
Now I date my M-16.

### **Pebbles and Bam Bam**

Pebbles and Bam Bam on a Friday night,  
Trying to get to heaven on a paper kite,

Lightning struck and down they fell,  
Instead of getting to heaven, they went straight to hell.

Dino the dog was on the bone,  
While Fred and Barney rocked the microphone,

There was nothing Fred or Barney could do,  
Except sing "Yaaba, dabba, dabba, dabba, dabba doo."

### **Follow Me (Variant)**

Old soldier, combat soldier  
Pick up your rifle and follow me,  
I am the infantry,  
Queen of Battle infantry.

One-oh-one.  
Patch on my shoulder,  
Mount your chopper and follow me,  
Air Assault Infantry.

Eighty-second,  
Patch on my shoulder,  
Pick up your chute and follow me,  
Airborne Infantry.

First cav,  
Patch on my shoulder,  
Mount up and follow me,  
Always ready cavalry.

Big red one,  
Patch on my shoulder,  
Mount your track and follow me,  
Mechanized Infantry.

Twenty-fifth  
Patch on my shoulder,  
Lace up your boots and follow me,  
Straight-leg Infantry.

### **Four Winds**

Let 'em blow let 'em blow  
Let the four winds blow

From the east to the west  
The US Army is the best

Standing tall and looking good  
Ought to march in Hollywood

Dress it right and cover down  
Forty inches all around

### **Choppers Coming**

*CHORUS (Repeat between verses):*  
*AIRBORNE (Shoot, shoot, shoot, shoot to kill)*  
*RANGER (Shoot, shoot, shoot, shoot to kill)*

I hear the choppers coming,  
Their flying overhead,  
They've come to take the wounded,  
They've come to take the dead.

My Buddy's in a foxhole,  
A bullet in his head,  
The Army says he's living,  
But I know that he's dead.

I ran to tell the CO,  
About my Buddy's head,  
But when I got there,  
The CO was already dead.

And now the battle's over,  
The smoke is all around,  
We wanted to go home,  
But we're six feet underground.