

## Move Around

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Hey, does anybody ever listen anyway  
When I say  
“Well, you know I’m just a little bit down today  
Maybe I’d just better go upon my lonely way”

And these songs always seem to be  
Pouring from the inside right out of me  
And I try, oh, you know I try  
To always keep my spirits high

Take your strength  
From the forces around you  
Find the glow that burns in your soul  
Don’t take the time  
For your foolish indulgence  
Don’t take the time  
To suffer a toll

(chorus)  
Now move  
Go on, move around  
Fly all your life over all the ups and downs  
Ride on the wind  
And beware where you land  
‘Cause a bird in the air  
Is worth two in the hand.

Turn your face  
To the winds that surround you  
Watch the clouds as they amble their way  
Bathe in the rain as it crashes around you  
Throw off your pain  
Cast off your grey.

(chorus)

Watch the bird’s joy  
As it dips and it dances  
Run ‘though your soul may run faster than you  
Laugh as you dream up a hundred new chances  
And smile as you think of someone you once knew.

(chorus)