Teddy's rolling now most every night
Skatin' backwards at the speed of light
He's changed - in a thousand little ways
He's changed - yes indeed
You know he's movin' on metal, yes he's
Hanging tight with the Jack of Speed

Sheena's party - there's a case in point
That right-wing hooey sure stunk up the joint
He's gone - he walks through the old routines
But he's gone - guaranteed
He may be sittin' in the kitchen, but he's
Steppin' out with the Jack of Speed

You maybe got lucky for a few good years
But there's no way back from there to here
He's a one way rider
On the shriek express
And his new best friend is at the throttle more or less

He can't hear you honey - that's alright
Pack some things and head up into the light
Don't stop - he'll be callin' out your name
But don't stop when you hear him plead
You better move now little darlin' or you'll be
Trading fours with the Jack of Speed