Move

Aisha Badru

I've been feeling weighed down
Can't find the words to say
Sitting, laying around
Hoped I could sleep it away
I've been all bent out of shape
The pain is stuck inside of me
I can't go on like this
No, I cannot live this way

So I'm gonna dance it out
I'm gonna shake away the pain
I'm gonna work it out
I'm gonna sweat the stress away

Because when I'm moving my body
It no longer has a hold on me
So I'm gonna move it out
Yeah, I'm gonna move it

I've been feeling stressed out
Feels like I'm running in place
Trapped and can't find my way out
When did freedom become a maze?
A hummingbird stuck in a cage
The days are just wasting away
I can't go on like this
No, I cannot live this way

So I'm gonna dance my way out
I'm gonna shake away the chains
I'm gonna stretch it out
I'm gonna exhale the pain

Because when I'm moving my body
It no longer has a hold on me
So I'm gonna move it out
Yeah, I'm gonna move it

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