

I Can U Can

Amina Buddafly

And if I can then you can
I say if I can then you can
I say if I can then you can

Rain and clouds and baggage, thought it would be that
With every man i'm damaged, I lived and lost my head
Took me a long minute to recognize
if I go heal the right way there comes sunshine

A better day there come a day there come a day there come a day hey
Embrace the change, sit in the pain, feel it and gain strength you'll
be ok (like me)

And if I can then you can, make it today!
Move on, get strong, make life good again, celebrate!
Sunsets, beaches, cause the little things are big things
Say it with me: breathe in, breathe out and repeat
Cause if I can then you can, yeah if I can then you can!

Kind and brave is mandatory in my world, give up and quit, surrender
Don't ever be that girl! Many men have tried it but when you're down
Feel defeated, you gotta give yourself the love that you never received!

A better day a better week a better month a better year! Hello!
(I know change is inevitable)
Embrace the change, sit in the pain, feel it
And gain strength and watch that growth for sure

And if I can then you can, make it today!
Move on, get strong, make life good again, celebrate!
Sunsets, beaches, cause the little things are big things
Say it with me: breathe in, breathe out and repeat
Cause if I can then you can, yeah if I can then you can!

Long as im breathing I'm living long as I'm moving I'm winning
And I checked time and time again even when something feels different
I got that one thing that never ever will let me down
That is one thing that never leaves and it holds me down, it's me!

Heeeeeeey, heeeeeeey, heeeeeeey hey hey yeaaa
Heeeeeeey, heeeeeeey, heeeeeeey hey hey yeaaa

And if I can then you can, make it today!
Move on, get strong, make life good again, celebrate! sunsets, beaches
Cause the little things are big things
Say it with me: breathe in, breathe out and repeat
Cause if I can then you can, yeah if I can then you can!