

# Muscle Memory

Armored Saint

I read the news every day or I try  
Switch back and forth between  
A scowl and a smile  
People lift me up or drop me  
Flat like a stone  
But still I want to believe in them  
My clan comes number one in the fight  
We brought souls in this world  
And we'll do it right  
Though my moods they swing like a pendulum  
They know where my heart comes from  
Like our dear departed friend Andy told me  
It's only water off a ducks  
Back in the stream  
Face it like a man face it like a wimp  
But either way you're facing it

Burying your hero underneath  
Your feathers  
Signals a swan song  
Yes the ride is short but your  
Heretage is long

Muscle memory  
Is what I use to carry me  
Muscle memory  
Ain't no way I worry 'bout a thing  
Muscle memory  
I reference stuff I know  
Muscle memory  
Then put my feet down and go

I want music to bring me down to my knees  
Make me sob like an infant make me angry  
Rip me to shreds clue me back up  
Make my mind explode  
Things that matter I can afford  
Get my shit together and get onboard  
Shed every pound, melt it away  
Rid that overweight load

Burying your head underneath the sand  
Is succumbing to the words I can't  
Ok the ride may stall but your legacy  
Stands tall

Muscle memory  
Is what I use to carry me  
Muscle memory  
Ain't no way I worry 'bout anything  
Muscle memory  
I reference stuff I learn  
Muscle memory  
Disfigurement I've earned

And I wear it like a badge of honor  
No stone unturned

Yeah it's the bane of my existence  
To pass the torch in a world of nonsense

Shot a miss  
So many nights I've toiled over this  
Once around  
Crotchety young man make it count

I make my own news out on the fly  
Do much more than I need to get by  
People lift me up  
Don't let me drop  
Or at least have a net there

Burying your hero in your hands  
Looks like a deserted plan  
Yes the ride is short  
With temptations to abort  
ok the ride may stall  
You still sound off the bugle call

Muscle memory  
Is what I use to carry me  
Muscle memory  
Ain't no way I worry 'bout anything  
Muscle memory  
I reference stuff I know  
Muscle memory  
Then put me feet down and go

And I go, yeah  
There I go