If the world's a rotten place You better just forget it In the crowd just another face Gonna make 'em regret it

Take a heart and squash it hard Like a little grape Push it down 'tween boot and ground 'Til it loses shape

And if you feel like you can't swim When you're thrown in the lake Just watch the bugs Passin' by you as you Slip under their wake Again

If you let your feelings shine You better cover 'em up, kid Ain't no sense in wastin' time Dream behind your eyelids

Take a heart and squash it hard Like a little bug Swig it down and spit it out And kick it under the rug

And if you feel like you can't swim When you're thrown in the lake Just watch the bugs Passin' by you as you Slip under their wake Again

Take a heart and squash it hard Like a little ant Scrape it off the sole of your shoe On the welcome mat

And if you feel like you can't swim When you're thrown in the lake Just watch the bugs Passin' by you as you Slip under their wake Again

Ooh Ooh