

Second Wind

Free Throw

Slow it down
Slow it down
Slow it down
Slow it down

I fell down in the mud and you cried on the ride home
We were drunk, we were downtown
A second wind led to drinking and stupid dances to make you smile
Young and wild, had ourselves a time

Chase the feeling of youth we loaned
Hate to deal with having to slow it down
Shake the feeling half my life's gone
Time is fleeting, you think I'd know by now

(Slow it down
Slow it down)

I've been stuck in a rut
I'm still climbing my way back
From a bad past
Keep recalling so many nights that we drank beer and watched some bands
Parking lots, we were living fast
No one cared, we'd hang out till they told us
"No one's here, so pay up and get out"

Chase the feeling of days long gone
Safe to say that my youth is rolling out
Face the fact that I'm growing old
I can see that I need to slow it down

Take me back to the days when we showed
No signs of slowing down
Make me feel like I'll never grow old

Slow it down
Slow it down
(Slow it down)
(Slow it down)
(Slow it down)
(Slow it down)