When I lay down to sleep I turn to a deep thinker Don't wanna be a whinge like a lonely binge drinker Its just that, well they don't call me Suffa for nothing I'm a depressed, muttering, repressed suffering maniac Screaming at anybody, anyplace Man I love people I just hate the human race And I hate all my friends, coz all my friends are taking drugs They think its spiritual like a hippy making love But the powders power only lasts for an hour So they take a powder shower till they burn out like Mickey Lau der Sour times come quicker than a drum inside a finger What I drum before that What I drum for my da tinka Everyday for her's the saaaaaaame Link up chin up Left foot right foot Lay down shut up Every day she's getting fucked, just like everyone else Man, damn, screw all your problems I'ma focus on myself

4x
Left foot right foot
Keep it moving

I spent the last twenty two years of my life learning my way Around the world, this space around me, watching night turn to day

I earnt some pay in certain ways but it wasn't that, that taugh t me

Place between black and white and opposites attract
Possibly that the role of one man is filled by another
Yo Suffa, we breathe the breath of others
Your sancturies my cover
This feeling in my upper is possibly life
That makes these negative thoughts, so I move positive mics
Probability strikes random targets live in famine
And the heart is too much for one man to stand
Regardless, the powder and pills ain't no way to heal my friend
Lean on one shoulder, the other rises like my skill ascend
See life has many ups, many downs and many miles
Many broken promises, hollow words and empty smiles
Consequently many guys win no break from the hidden hate
Drowning in this everyday give or také