

Slow Down (Get A Grip)

Incognito

(Jean-Paul Maunick / Gary Sanctuary)

Slow down, get a grip, ain't this ironic?

Slow down and get a grip, I betcha didn't think it would come to this

Ain't this ironic?

I don't mean to be abrupt, but I know there's something on your mind

So before you interrupt baby, let me tell you what's really going on

It's not about our history, when and who we've slept with in the past

It's all about discovery, gettin' to know and love me for me

Slow down, get a grip, ain't this ironic?

Slow down and get a grip, I betcha didn't think it would come to this

Ain't this ironic?

You gotta face it, it's a mess, it's a war zone, right now I gotta be on my own

I ain't heading for a breakdown sure as my name is Sarah Brown
Yes I need to be alone, out there on my own

Need to water all my roots, until my spirit has grown

Got to do, got to do, I know I've really got to do it

Got to be bold, got to be bold, be bold

Got to do, got to do, I know I've really got to do it

Got to move on, got to move, move on

Soon the caged bird will have flown

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Ain't this ironic?

You gotta face it, it's a mess, it's a war zone, right now I gotta be on my own

I ain't heading for a breakdown, sure as my name is Sarah Brown

You gotta face it, it's a mess, It's a war zone, right now you gotta be on your own

you ain't heading for a breakdown, sure as your name is! Sarah Brown

S.a.r.a.h. - B.r.o.w.n . from the soles of my boots to my folicle roots

I ain't heading for a breakdown

You were always the one askin' for space

Sayin' maybe it's time we tried something new

While you were thinkin' of someone you knew

Aint that ironic, ironic, ironic

Listen to me, don't listen to me

It really doesn't matter cos the girl's got to get it on

Get it on, get it on, get it on

Alright