Yeah, uh

From a very long time ago (very long time)

Jah Jah let it off for all of us to know

Every day, you're hoping for the best

In your heart and thoughts I know, yeah, yeah, yes

The measure of the time (the measure of the time)

Here within in the movement (movement)

The nedda one deh ya (deh ya)

Them have him under pressure (pressure)

It was a musical leisure

It took to unfold the treasure (treasure)

It is the measure of the time

Within your movement (movement)

So when you show yourself (yourself, yourself)

Then they make you a target

After they make you a target

Then they try to track you down (track you down)

Track you, track you, track you down

Jah take you off the ground

The nedda one deh ya (deh ya)

Them have him under pressure (pressure)

Nedda one deh ya, yeah

Uh, huh, huh huh huh, huh (aah, aah)
Yeah, yeah

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(.)
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Ooh - oh, oh, oh

Whoa yeah

Yeah, yeah, yeah

Oh!

From a very long time ago (very long time)

Jah Jah let it off for all of us to know

Every day, you're hoping for the best

In your heart and thoughts I know, yeah, yeah, yes

The measure of the time (the measure of the time)

Here within in the movement (movement)

So when you show yourself (yourself, yourself)

Then they make you a target

After they make you a target

Then they try to track you down (track you down)

Track you, track you, track you down

Jah take you off the ground, whoa

A nedda one deh ya

Them have hm under pressure

Musical leisure

It took to unfold the treasure

The measure of the time (the measure of the time)

Here within in the movement (movement)

Whoa, oh

Ah, ha, ha, ha

Whoa oh, oh, oh

Oooh. yeah ah

The measure of the time (the measure of the time)

Whoa, oh, oh, whoa oh, yeah

Yeah, yeah, yeah (the measure of the time)

Ah, ah, ah - oh, oh, oh

The measure of the time (the measure of the time)

The measure of the time

(Measure of the time) uh huh, uh, whoo ooh.