Life, it's ever so strange
It's so full of change
Think that you've worked it out
Then BANG
Right out of the blue
Something happens to you
To throw you off course
And then you

Breakdown Yeah you breakdown Well don't you breakdown Listen to me Because

It's just a ride, it's just a ride
No need to run, no need to hide
It'll take you round and round
Sometimes you're up
Sometimes you're down
It's just a ride, it's just a ride
Don't be scared
Don't hide your eyes
It may feel so real inside
But don't forget it's just a ride

Truth, we don't wanna hear
It's too much to take
Don't like to feel out of control
So we make our plans
Ten times a day
And when they don't go
Our way we

Breakdown
Yeah we breakdown
Well don't you breakdown
Listen to me
Because

It's just a ride, it's just a ride
No need to run, no need to hide
It'll take you round and round
Sometimes you're up
Sometimes you're down
It's just a ride, it's just a ride
Don't be scared
Don't hide your eyes
It may feel so real inside
But don't forget it's just a ride

Slowly, oh so very slowly Accept that There's no getting off So live it, just gotta go with it Coz this ride's, never gonna stop Breakdown
Don't you breakdown
No need to breakdown
No need at all
Because

It's just a ride, it's just a ride
No need to run, no need to hide
It'll take you all around
Sometimes you're up
Sometimes you're down
It's just a ride, it's just a ride
Don't be scared now
Dry your eyes
It may feel so real inside
But don't forget enjoy the ride