Last night I was dreaming I laying drowning in a stream
But in the light of day I see it's much more than a dream
Life is like a river that carries you on down
It's time we make like we was making tracks for higher ground

I'm always taking chances and got me by on luck
One a few and lost a few, oh had to suck it up
But I see where it's leading me, I've got to turn around
Today's the day I thought of making tracks for higher ground

For higher ground, (higher ground), higher ground, (higher ground)

You ain't going nowhere when you're always falling down So get off on a good foot and stop stumbling around Man I'm off and running making tracks for higher ground

Yeah, I had a friend who said he'd love to drink and run around Wasn't anyway old mercy'd put that bottle down Well I just heard the other day they laid him in the ground One way or the other brother we're bound for higher ground

For higher ground, (higher ground), higher ground, (higher ground)

You ain't going nowhere when you're always falling down You got to pick your head up, keep your mind and body sound Man I'm off and running making tracks for higher ground

The moral of my story is the fool he never think

And all around you life says you must change every day

Throw off those old shackles and get up and dance around

Today's the day we're roping, making tracks for higher ground

For higher ground, (higher ground), higher ground, (higher ground)

You ain't going nowhere when you're always falling down Get off on the good foot and stop stumbling around Man we're off and running making tracks for higher ground

For higher ground, (higher ground), higher ground, (higher ground)

You ain't going nowhere when you're always falling down Get up on the good foot and stop stumbling around

Man we're off and running making tracks for higher ground

Up and running babe for higher ground, for higher ground baby

Up and running up for higher ground don't let me down boys we're all running up to higher ground

We're all running up to higher ground