One step forward and two steps back
Been carrying them bricks upon my back
Bossman told me you ain't getting paid
'til the house is built and the bricks are laid
It's made out of wood, made out of stone
I'm building that man a fancy home
That's the way it is let me tell you jack
It's one step forward and two steps back

Working man he got a row to hoe
He's up in the morning and down the road
Carry them bricks and carry that stone
Making that man a fancy home
Rich man he don't work no more
Talks on the phone to his stockbroker
That's the way it is let me tell you jack
It's one step forward and two steps back

Well I'm not a thinking man you see
And I'm not looking for no sympathy
But one of these days I'll get my fill
Be down the road and over the hill
I won't carry them bricks again
And I won't do it for any man
If I use my brain instead of my back
I'll be two steps forward and one step back
That's the way it is let me tell you jack
It's one step forward and two steps back