

Minute

Parson James

Don't you ever have those days when you need a minute

Too busy running round and running out of self control
Swimming through bottles, meeting problems I ain't met before
Thought I was crystal clear until a mirror told me no
It ain't a healthy way to cope, at least that's what I'm told

I'ma need a minute
Mmh, need a minute, mmh
I'ma need a minute

Ain't enough time in the day but I need a minute
I know I shouldn't really run away but I need a minute
Dancing with the tears on my face and I need a minute
Don't you ever have those days when you need a minute

It's a heavy crown to wear, oh, even when it's gold
Keeping a level head when balance isn't what you know
Too busy running out of feelings, I ain't got no more
There I go spinning round and round just like a merry-go

Then you hear something in the silence and it shakes you all night long
Everything that you're hiding finally brings you to the floor
Tell yourself that you're fine until you get some time alone
Everything that you're hiding finally finds you on the floor
You gon' need a minute

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