

## Forward Motion

Relient K

whoa-o...i've been banging my head against the wall  
whoa-o...for so long it seems i knocked it down, yeah it got knocked down  
whoa-o...and the heating bill went through the roof  
whoa-o...and the wall i knocked down was the proof  
that my landlord needed to kick me out

i got evicted now i'm living on the street  
my spirits lifted...oh wait, that wasn't me  
too many turns have turned out to be wrong  
this time i learned that, i knew it all along

when car crashes occur  
then i'll be what you were  
when i see what i should  
when i see that it's good (that it's good)

to experience the bittersweet  
to taste defeat  
then brush my teeth  
experience the bittersweet  
to taste defeat  
then brush my teeth

cause i struggle with forward motion  
i struggle with forward motion  
we all struggle with forward motion  
cause forward motion is harder than it sounds  
well everytime i gain some ground  
i gotta turn myself around again  
it's harder than it sounds  
well everytime i gain some ground  
i gotta turn myself around again

whoa-o...i've been banging my head against the wall  
whoa-  
o...for so long it seems i got knocked out. yeah, i got knocked out cold  
whoa-o...and the medical bills went through the roof  
whoa-o...and the scar on my head is the proof  
that i'll still remember this when i get old

i got evicted now i'm living on the street  
my spirits lifted...oh wait, that wasn't me  
too many turns have turned out to be wrong  
this time i learned that, i knew it all along

when i grasp the concept  
then i'll sleep where you slept  
when i know i need help  
when i allow myself (allow myself)

to experience the bittersweet  
to taste defeat  
then brush your teeth  
experience the bittersweet  
to taste defeat  
then brush your teeth

cause i struggle with forward motion  
i struggle with forward motion  
we all struggle with forward motion

cause forward motion is harder than it sounds  
well everytime i gain some ground  
i gotta turn myself around again  
it's harder than it sounds  
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cause i struggle with forward motion  
cause i struggle with forward motion  
we all struggle with forward motion

(cause forward motion is harder than it sounds.  
well everytime i gain some ground  
i gotta turn myself around again  
cause forward motion is harder than it sounds  
well everytime i gain some ground  
i gotta turn myself around again)

cause i struggle with forward motion  
cause i struggle with forward motion  
we all struggle with forward motion

cause i struggle with forward motion  
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