I tell you what Relief said Fred, pop pickers Stick it out, right? Not 'alf When you're on the doctor's couch you've got to Stick it out You wanna be a world champ, you've got to Stick it right out So don't be afraid to risk it You know you must stay optimistic You gotta laugh If you stick it out Yeah, yeah, yeah, yeah Who says white people have no rhythm? Clean your teeth with your feet Hug a bus or two Take a sprout for a walk Make a sand igloo And if they fail to see you Stick it out so they can feel you You gotta laugh Yeah If you stick it out Stick it out, ya gotta stick it out You can help somebody you may never meet For example, why not just skip with balloons between your knees? (Those aren't balloons, actually. Oh. yes) From the top of a tall erection (Building! Building! It's a building) You can hear a sound in your direction Stick it out (Stick it out!) And make yourself laugh (Come on, have a laugh! Have a laugh!) (Have a laugh, dear! Come on!) My name is Michael Caine You can stick it out quietly Or you can stick it out loudly And if they fail to see you Stick it out so they can feel you You're gonna laugh Yeah If you stick it out Stick it out, ya gotta stick it out How many times did your mum and dad say to you? (Stick it out! Stick it out! To me! And me!) If you can't stick it in Then stick it out too (Na na na na, na na-na na na na) I told you so, we're winning

I even saw a bank manager grinning Stick it out Stick it out, ya gotta stick it out Stick it out, ya gotta stick it out You see, the trouble with Fred is He's too hasty Now, you never get nowhere if you're too hasty Say, what you gotta do Fred You have gotta stick it out Stick it out Stick it out, stick it out, stick it out Stick it out, come on Stick it out Stick it out Stick it out, ya gotta stick it out Stick it out, ya gotta stick it out Stick it out