

## Keep Your Head Down

### The Wind and the Wave

I cannot breathe  
Don't know what I need  
I'm afraid what's gonna happen  
I cannot sleep  
But like a bad dream  
It's my body I feel trapped in  
We wake up tired hoping we're safe  
It's not enough imagining changes  
I cannot breathe  
Don't know what I need  
I'm afraid what's gonna happen

And all this time I've been watching over you  
So keep your head down  
Keep your head down  
Don't forget to stand up and fight the good fight  
Just keep your head down

I cannot speak  
Don't know what I think  
But my brain is keeping me alive  
I cannot leap  
But you're on the brink  
Having a baby before twenty-five  
It's hard enough making ends meet  
Besides what kind of world are we leaving  
I cannot speak  
Don't know what I think  
But my brain is keeping me alive

And all this time I've been watching over you  
So keep your head down  
Keep your head down  
Don't forget to stand up and fight the good fight  
Just keep your head down

It's so amazing how this even started  
We're just a ragged band of broken hearted  
We're crying out for all the disregarded  
We're crying out for the truth