Down, down, down, down, down, down, down and out
Down, down, down, down, down, down, down and out

You don't have to sit around
Complaining 'bout the way your life has wound up
Think of all the time you waste
And time's a precious thing to let go by

Sure you've hit the bottom
But remember you'll be building from the ground up
Ev'ry day's another step
That takes you even closer to the sky, so give a try

Down, down, down, down, down, down, down and out
Down, down, down, down, down, down, down and out

**We as one shout, up, up, up and out (repeat)**

Down, down, down, down, down, down, down and out
Down, down, down, down, down, down, down and out

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Complaining 'bout the way your life has wound up
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**We as one shout, up, up, up and out (repeat)**