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

You don't have to sit around  
Complaining 'bout the way your life has wound up  
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**We as one shout, up, up, up and out (repeat)**