

Xavier Rudd "Flip And Spin"

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So you lied to yourself, and you tortured your health.

Touch my feelings touch my hand, see the footprint in the sand, flip it over spin it around, let them settle for now, you must try to understand, at my age I have free hands, so now look into my eyes, you'll see youth on the rise.

Chorus: So you lied to yourself, and you tortured your health, youth is so awkward, I youth is so much more than fun, don't take this for granted, you'll taste it well on down the line.

Hey man you owe me for the beer, or should I owe you for the gear, put your money to your mouth because the guilt's shining out, did he seek her out again, when his spark was feeling dead, did he reach for her thigh, because he longed to be dry.

Chorus: So you lied to yourself, and you tortured your health, youth is so awkward, I youth is so much more than fun, don't take this for granted, you'll taste it well on down the line.

Some youths are stained by their raw survival game, pooling their money as they watch their siblings grow, some lives are tarred by a strong religious brush, they give their youth to the spirit to which they pray - and you will, you will be saved. (X 4)

Touch my feelings touch my hand, see the footprint in the sand, flip it over spin it around, let them settle for now, you must try to understand, at my age I have free hands, so now look into my eyes, you'll see youth on the rise.

And I must say I'm impressed, by the man inside your head, and I must say I'm okay, but I'll be on my way, the torch is burning in your heart, I can see this as clear as mud, sometimes you're as naive, as they rustle in the trees.

Chorus: So you lied to yourself, and you tortured your health, youth is so awkward, I youth is so much more than fun, don't take this for granted, you'll taste it well on down the line. -

Youth is so awkward, I youth is so much more than fun, don't take this for granted, you'll taste it well on down the line.

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