

Superchick, The

"One and Lonely"

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It's not like they meant to hurt me
Watching TV, checking Britney, televised, my guys
Checking out her thighs and I roll my eyes and sigh
It's not like I even need to be competing with unreality
TV, fantasy
Not for a smart girl like me
Some days it's hard to be a one girl revolution

Chorus

Sometimes I have good days and it's good to be me
Sometimes I get the best of insecurity
And it's quite alright to be the one and only
But today I feel like the one and lonely

It's not that I think beauty is only skin deep
Just the skin I'm in, not the girl within
But one imperfection takes away my grin
Not that I think I'm ugly, but
Acne throws me for a backside
I won't go outside
Makeup can't hide how I feel inside
Some days it's hard to be a one girl revolution

Chorus

Oh, the one and lonely
We all have bad hair days
Those nothing good about me days
Just keep moving on cause they'll be gone
And we'll still be here going on
We have our yesterdays
No lunch cause the jeans don't fit days
Just keep moving on cause they'll be gone
And we'll still be here going on

Chorus x2

Sometimes I have bad days
And it's hard to be me
Sometimes I get brought down by insecurity
And I have my days where I'm the one and lonely

But today I choose to be one and only
Yeah, I'm the one and only

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