

## Catherine Wheel "Ballad Of A Running Man"

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For years I avoided caffeine  
For years I was clean  
I was calm and complete  
Then the world fell down round my ears  
Had a change in my state  
Bug eyed and awake

I was grinding my teeth in my habitat  
I couldn't stand still I was running back  
But it was gone

Smack smack smacking my hands  
Flap flapping my hands  
Lick licking my wounds  
Will it help me  
Rip rip ripping my skin  
Clip clipping my wings  
Pick picking my bones  
Will it help me  
Hip hip hip to the beat  
I can't find my own feet  
Can't see where I stand  
Ballad of a running man  
Jam Jam marathon man

For years I was wrapped up in blue  
On sunny afternoons  
Sunbathed but unmoved  
On the ground I found me a stooge  
He was clear out of school  
With a theory to prove

He said he understood so I told him  
It was just like I'd read in a magazine  
Said I thought it was weird to be stumbling  
And that it felt like a race I was running in  
That's already run

Smack smack smacking my hands  
Flap flapping my hands  
Lick licking my wounds  
Will it help me

Rip rip ripping my skin  
Clip clipping my wings  
Pick picking my bones  
Will it help me  
Hip hip hip to the beat  
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