

Incognito "Slow Down"

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(Jean-Paul Maunick / Gary Sanctuary)

Slow down, get a grip, ain't this ironic?
Slow down and get a grip, I betcha didn't think it would
come to this
Ain't this ironic?

I don't mean to be abrupt, but I know there's something
on your mind
So before you interrupt baby, let me tell you what's
really going on
It's not about our history, when and who we've slept
with in the past
It's all about discovery, gettin' to know and love me for
me

Slow down, get a grip, ain't this ironic?
Slow down and get a grip, I betcha didn't think it would
come to this
Ain't this ironic?

You gotta face it, it's a mess, it's a war zone, right now I
gotta be on my own
I ain't heading for a breakdown sure as my name is
Sarah Brown
Yes I need to be alone, out there on my own
Need to water all my roots, until my spirit has grown

Got to do, got to do, I know I've really got to do it
Got to be bold, got to be bold, be bold
Got to do, got to do, I know I've really got to do it
Got to move on, got to move, move on
Soon the caged bird will have flown

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Slow down and get a grip, I betcha didn't think it would
come to this
Ain't this ironic?

You gotta face it, it's a mess, it's a war zone, right now I
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You gotta face it, it's a mess, It's a war zone, right now
you gotta be on your own
you ain't heading for a breakdown , sure as your name
is! Sarah Brown

S.a.r.a.h. - B.r.o.w.n . from the soles of my boots to my
folicle roots
I ain't heading for a breakdown
You were always the one askin' for space
Sayin' maybe it's time we tried something new
While you were thinkin' of someone you knew
Aint that ironic, ironic, ironic

Listen to me, don't listen to me
It really doesn't matter cos the girl's got to get it on
Get it on, get it on, get it on
Alright

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