

Lou Reed

"Spit It Out"

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If there's rage inside you so you cannot think
Spit it out
If you get so angry that you cannot speak
Spit it out
Talk to him or her or it
And tell them where they can put it
Spit it out, spit it out
You got to talk to him or her or it
And take aim with your mouth and spit
Spit it out, spit it out

If you get worked over at your job
Spit it out
If a taxi almost runs you down
Spit it out
You got to take aim with your mouth and speak
And give it to them right between the teeth
Spit it out, spit it out
Talk to him or her or it
And take aim with your mouth and spit
Spit it out, spit it out

Spit it out
Hey, hey, hey

If you're patient and you have the time
Spit it out
Wait till they're on the decline
Spit it out
The chinese say you meet the hard with the soft
The yin with the yang, the down with the up, oh
Spit it out, spit it out
You got to grab that dumb he, she or it
And give it to them right between the teeth
Spit it out, spit it out

Spit it out, babe, spit it out
Hey

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