

## **ColdtrainBlues**

### **"Crabs In A Barrel"**

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1. I TRY TO PULL MYSELF UP, THROUGH THE MUCK AND  
THE MIRE, YOU PULL ME BACK IN,  
EVERYTIME I TRY TO CLIMB OUT . THE MUCK AND THE  
MIRE,  
YOU PULL ME BACK IN,  
YAâ€™ LL A BUNCH OF BIG OLD CRABS IN A BARREL,  
HOW IN THE WORLD CAN A BROTHER WIN?;

2. YOU BE SMILINâ€™ AND GRINNINâ€™ , OUTTA BOTH  
SIDES OF YOUR FACE,  
(THEYâ€™ RE SMILIN IN YO FACE)  
SMILINâ€™ AND GRINNINâ€™ , OUTTA BOTH SIDES OF  
YOUR FACE,  
(THEYâ€™ RE SMILIN IN YO FACE)  
YAâ€™ LL A BUNCH OF BIG OLD CRAB IN A BARREL,  
TRYINâ€™ TO KEEP THE BROTHER IN HIS PLACE;

Refrain

YAâ€™ LL JUST,  
CRABS IN A BARREL, PULLINâ€™ YOU DOWN DOWN  
DOWN, DOWN DOWN  
CRABS IN A BARREL, PULLINâ€™ YOU DOWN DOWN  
DOWN, DOWN DOWN;

3. YOU CANâ€™ T STAND TO SEE ANOTHER BROTHER  
MAKE IT.  
IF IT CANâ€™ T BE YOU, YOU CANâ€™ T STAND TO SEE  
ANOTHER BROTHER MAKE IT.,  
IF IT CANâ€™ T BE YOU, BUT IF THEY EVER START TO  
MAKE IT,  
GUESS WHAT, THE CRABS GONNA GET THEM TOO;

G To Refrain

4. ITâ€™ S A SHAME HOW SOME FOLKS, LOVE TO SEE A  
BROTHER FAIL,  
THE YOUNG FOLKS CALL EM HATERS,  
THEYâ€™ LL BEAT YOU DOWN LIKE A HAMMER DOES A  
NAIL  
I CALLâ€™ EM CRABS IN A BARREL, THEY CAN ALL JUST  
GO TO HELL;

Ad Lib Out

YAâ€™ LL ALWAYS SMILING, IN MY FACE,  
AND TALKINâ€™ A LOT OF SMACK,  
TALKIN ABOUT OTHER PEOPLE,  
AND TALKINâ€™ A WHOLE HEAP OF SMACK,  
THE PAIN THAT Iâ€™ M FEELINâ€™ ,  
IS THE KNIFE YAâ€™ LL STUCK IN MY BACK;

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