

The Kinks

"Skin and Bone"

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Fat Flabby Annie was incredibly big
She weighed just about sixteen stone
And then a fake dietician went and put her on a diet
Now she looks like skin and bone
She looks like skin and bone

Do the meditation and yoga
And she's thrown away the good food guide
And she's given up the alcohol and pizzas
And the pies and now she looks as if she's ready to die,
You can't see her walk by

Don't eat no mashed potatoes,
Don't eat no buttered scones
Stay away from carbohydrates
You're gonna look like skin and bone.

Living on the edge of starvation
And she says she's got no appetite
And her father and her mother
And her sisters and her brothers
Couldn't see her when she walked by
You can't see her walk by.

She don't eat no mashed potatoes,
She don't eat no buttered scones
Stay away from carbohydrates
You're gonna look like skin and bone.

She used to be so cuddly,
She used to be so fat,
But oh what a sin cos she's oh so thin
That she lost all the friends that she had,
She looks like skin and bone

If you look flabby
And you feel overweight,
And you wanna lose a couple of stone,
Take a crash course diet do your daily exercises
And you'll look like skin and bone.

Come on rattle them bones,
Put your hands up to the ceiling,
Bend your hips and touch your toes,
Do your daily exercises,
You're gonna look like skin and bone,

Don't eat no mashed potatoes,
Don't eat no buttered scones
Don't eat no carbohydrates
You're gonna look like skin and bone

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