

## 40 Below Summer "5 Lb. Bag"

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Turn your back, turn around every day  
Lay the smack down, come around, make us bleed  
Put your hands on, touch em there, everywhere  
Put your hands on, leave em down in despair  
Put your boots on, kick em right in the mouth  
Dig a hole now, put em back in the ground  
Bring your ass on and make em burn deep inside  
Don't bring up the pain - there's too much to hide  
Don't cry - don't sleep, don't try to even speak  
Don't lie - don't weep - Don't you walk away from me  
Pick the pace up, but you can't get away  
Better behave - better be doin what I say  
Get your rocks off, as it's gonna beat you down  
Kick your face in, bring you in with the sound  
I'm tellin you now, better open up your eyes  
Comin through now, gonna make you realize  
Better back off, can't take the pain  
Over and over and over again  
Don't cry - don't sleep, don't try to even speak  
Don't lie - don't weep - Don't you walk away from me  
Hurts on your weak side, you can't run, you can't hide  
The beatings that break you burn and they take you  
[repeat]  
How much can you take till you break  
Nowhere to run, nowhere to escape  
Sometimes, you just wanna hide  
Throw up your hands and get suicide  
Oh, please, just like this disease  
You're weak in the heart and weak in the knees  
So back off and line em up and I know we've all had  
enough  
Ain't no time for hesitation  
Ain't no time for subjugation  
Now's the time for castration  
Now's the time for devastation  
Worthless, you're worthless, I'm worthless, we're all  
worthless  
Worthless, you're worthless

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