

Alain Clark "Release It"

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Oh it's a matter of knowing when to stop
your mind from overflowing
you can't always keep on going
you're better off hanging loose a little
gotta find yourself a minute to chill

Relax a little and lean it back, lean it back, lean it back
You've got to get your freedom back, freedom back,
freedom back

Take off a load and spoil yourself
Treat your mind to a long vacation, a long vacation

You got to lean to the left, lean to the left, lean to the
left, lean to the left
Release it, you gotta release it
Lean to the left, lean to the left, lean to the left, lean to
the left
Release it, you gotta release it.

Oh it's a matter of knowing what you want
have faith in everything that you cannot control
Just let it go and leave your thoughts alone
gotta find yourself a second to chill

Relax a little and lean it back, lean it back, lean it back
You've got to get your freedom back, freedom back,
freedom back

Take off a load be nice to yourself
Treat your mind to a long vacation, a long vacation

You got to lean to the left, lean to the left, lean to the
left, lean to the left
Release it, you gotta release it
lean to the left, lean to the left, lean to the left, lean to
the left
Release it, you gotta release it.

(breathe in)
you slowly breathe in some air
(breathe out)

Then you slowly breathe it out
(breathe in)
Got to let your heart rate down
(breathe out)
Got to let the stress out
2x

Relax a little bit lean it back, lean it back, lean it back
You've got to get your freedom back, freedom back,
freedom back

You got to lean to the left, lean to the left, lean to the
left, lean to the left
Release it, you gotta release it
Lean to the left, lean to the left, lean to the left, lean to
the left
Release it, you gotta release it.
Breathe in, breathe out, breathe in, breathe out,
breathe in, breathe out, breathe in, breathe out

Release it
baby take it off, let it all out
You gotta release it
There ain't nothing you should worry about
release it
Leave it all behind, let it out your mind
You gotta release it
Yeah release it
Release it

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