

## Nasum

# "The Spiral Goes Down"

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Push yourself to the limit of exertion  
Push yourself to the limit of exertion  
Push yourself to the limit of exertion  
Push yourself

No need to kick back  
No time for ignorance  
Motionless stupid fucks  
Your discountenance is repulsive

Push yourself to the limit of exertion  
The spiral goes down and you will follow  
Push yourself to the limit of exertion  
The spiral goes down and you with it

No need to kick back  
No time for ignorance  
Motionless stupid fucks  
Your discountenance is repulsive, yeah

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