

One Way System "On The Up"

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On the up!

Did you shout? -- thought I heard
Dig the line, reality works
Two hours before, I end my walk
1000 yards -- what for? What for?

On the up -- That intra feeling
Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
Excuse the silence -- It sees me through this

On the up -- That intra feeling
Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
Excuse the silence -- It sees me through this

A jacket full, my secrets inside
Constant sweat, constant lies
Thought I'd call -- you're never there
Spread your line and disappear -- disappear

On the up -- That intra feeling
Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
Excuse the silence -- It sees me through this
On the up -- That intra feeling
Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
Excuse the silence -- It sees me through this

From my side, gaunt and thin
Can't be arsed, constantly said
So in control, why the lies?
Force of habit, rules your life -- rules your life

On the up -- That intra feeling
Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
Excuse the silence -- It sees me through this

On the up -- That intra feeling

Ain't lost my tongue -- Just licked the ceiling
Coming down -- In extremis
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