

## Relient K "Foward Motion"

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Whoa-o i've been banging my head against the wall  
Whoa-o for so long it seems i knocked it down  
Yeah, it got knocked down  
Whoa-o and the heating bill went through the roof  
Whoa-o and the wall i knocked down was the proof  
That my landlord needed to kick me out

I got evicted now i'm living on the street  
My spirits lifted.. oh wait, that wasnt me  
Too many turns have turned out to be wrong  
This time I learned that, i knew it all along

Car crashes occur then i'll be what you were  
When i see what i should when i see that its good  
To experience the bittersweet, to taste defeat, then  
brush my teeth  
Experience the bittersweet, to taste defeat, then brush  
my teeth

[Chorus]

Cause I struggle with foward motion  
I struggle with foward motion  
We all struggle with foward motion  
Cause foward motion is harder than it sounds  
Well every time I gain some ground  
I gotta turn myself around again  
Its harder than it sounds  
Well every time I gain some ground  
I gotta turn myself around again  
Whoa-o ive been banging my head against the wall  
Whoa-o for so long it seems i got knocked out  
Yeah, i got knocked out cold  
Whoa-o and the medical bills went through the roof  
Whoa-o and the scar on my head is the proof  
That i'll still remember this when i get old

I got evicted now i'm living on the street  
My spirits lifted.. oh wait, that wasnt me  
Too many turns have turned out to be wrong  
This time I learned that, i knew it all along

When I grasp this concept

Then i'll sleep where you slept  
When i know i need help  
When i allow myself  
To experience the bittersweet, to taste defeat, then  
brush your teeth  
Experience the bittersweet, to taste defeat, then brush  
your teeth

[Chorus]

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