

Richard & Linda Thompson**"Just The Motion"**

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When you're rocked on the ocean, rocked up and
down, don't worry

When you're spinning and turning round and around,
don't worry

You're just feeling sea-sick, you're just feeling weak

Your mind is confused and you can't seem to speak

It's just the motion, it's just the motion

When the landlord is knocking and your job is losing,
don't worry

And the baby needs rocking and your friends are
confusing, don't worry

You're just feeling sea-sick, you're just feeling weak

Your mind is confused and you can't seem to speak

Oh, it's just the motion, it's just the motion

Blown by a hundred winds, knocked down a hundred
times

Rescued and carried along. Beaten and half-dead and
gone

And it's only the pain that's keeping you sane

And gives you a mind to travel on

Oh the motion won't leave you, won't let you remain,
don't worry

It's a restless wind and a sleepless rain, don't worry

'Cause under the ocean at the bottom of the sea

You can't hear the storm, it's as peaceful as can be

It's just the motion, it's just the motion

Blown by a hundred winds, knocked down a hundred times

Rescued and carried along. Beaten and half-dead and gone

And it's only the pain that's keeping you sane

And gives you a mind to travel on

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