

## Write This Down

### "Song And Dance"

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And no one told me that midnights on Lake Street  
would keep us balanced  
While losing our values.  
And there were wild fits, we tore the apartment upside  
down.  
And there were moments at midnight on Lake Street  
we'd crowd the kitchen  
With our double vision  
Because we had enough and there is salvation in the  
silence.

And I've been bad (I've been bad)  
And I've been good (I've been good)  
And you've seen me at my worst

And I've been bad (I've been bad)  
And I've been good (I've been good)  
And you've seen me at my worst

I think it's time you got me out of your system  
Quit playing the victim, it's overkill.  
And laced with song and dance  
Laced with song and dance  
With pomp and circumstance  
With pomp and circumstance

No one knew it, but midnights on Lake Streets were  
constant concepts  
With backwards progress  
But it never failed, we showed up on Sunday morning  
Feeling nervous, and hopeless, and stranded  
With double standards like nothing mattered  
Like we had enough, and there is salvation in the  
silence

And I've been bad (I've been bad)  
And I've been good (I've been good)  
And you've seen me at my worst

And I've been bad (I've been bad)  
And I've been good (I've been good)

And you've seen me at my worst

I think it's time you got me out of your system  
Quit playing the victim, it's overkill.  
And laced with song and dance  
Laced with song and dance  
With pomp and circumstance  
With pomp and circumstance

I think it's time you got me out of your system  
And find all the wisdom to carry on  
Without this song and dance  
Without this song and dance  
Without your second chance  
Without your second chance

I think it's time you got me out of your system  
Quit playing the victim, it's overkill.  
And laced with song and dance  
Laced with song and dance  
With pomp and circumstance  
With pomp and circumstance

I think it's time you got me out of your system  
And find all the wisdom to carry on  
Without this song and dance  
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