

## Steve Winwood "Dancing for Mental Health"

Visit "[Dancing for Mental Health](#)" on [MotoLyrics.com](http://MotoLyrics.com)

J: what the hell is wrong with you? ya always make a scene. you gotta push me to the point where I just wanna haul off and smack you.

L: what do you want me for anyway, jerry?

J: I love you.

L: do you? do you love me or who you want me to be?

J: you're a woman with two sides, linda. one side is everything I want. the other side makes me want to lose my lunch.

L: huh, you don't love all of me. you only love a part of me. in other words, you don't really love me at all, do you, jerry?

J: you're not making sense. you're trying to make trouble. I do love you. I just wish you'd quit acting so insecure.

L: I think we need some time apart.

J: what are you talking about? we spend most of our time apart.

L: that's what I mean. you don't understand me. I can't go on feeling these double binds between us. It would probably take years of conventional marriage counseling to straighten out this relationship. fortunately for them and many other couples like them, there is another method that is quick, simple and inexpensive. dancing for mental health. Anyway you move, mental health is flowing into you. Nothing left to prove, nothing else to do. You hear the truth your body hears, It's in your eyes and in your ears. Like air, it's flowing into you. Dancin' osmosis. no hocus pocus. You're probably asking yourself how can dancing to a particular record bring about any important change in

your life? sounds too good to be true. well, this record is a result of 3 decades of psycho-acousticle engineering at the will powers institute. all you need to do is purchase it, put it on your turntable, and dance. the record will do the rest.

Nothin' left to lose, mental health is flowing into you.  
Nothin' left to choose, nothin' else to do.

You move the way your body does,  
It's in your bones and in your blood.

Your heart is filling up with love.

Dancin' osmosis, no hocus pocus.

L: listen jerry, I thought I was pregnant and you know why? because you came inside me and you knew you shouldn't have. you only care about satisfying yourself.

J: you thought you were pregnant and didn't tell me?

L: why bother? it's my decision.

J: you're wrong, baby. it's our decision.

L: our decision. I never knew you felt this way about us.

Before you realize what is happening, the dancing for mental health method has started to work.

Turning to the sound, mental health is flowing into you.

Turning you around, how you needed to.

You'll be the one you want to be.

You'll do the things you want to do.

You'll have the things you want to have.

Dancin' osmosis, no hocus pocus.

We return to jerry and linda after just one enjoyable evening of dancing for mental health.

L: I can't believe I put you through all that soap-opera suffering and you stayed with me.

J: instead of just telling you I loved you, I should have listened for what you needed.

L: if you love me or not doesn't seem to matter anymore. it's how much I can love you.

Anyway you move, mental health is flowing into you.

Nothing left to prove, nothing else to do.

You hear the truth your body hears,

It's in your eyes and in your ears.

Like air, it's flowing into you.

Dancin' osmosis, no hocus pocus.

Dancing for mental health will change you and all the people around you.

Will you, won't you, will you, won't you, will you join the dance?

Will you, won't you, will you, won't you, will you join the dance?

Dancin' osmosis.

Visit [Steve Winwood](#) page on MotoLyrics.com, to get more lyrics and videos.

---

[MotoLyrics.com](#) | Lyrics, music videos, artist biographies, releases and more.