

Trash Can Sinatras "Weightlifting"

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i discover the wheel and watch the buildings go by
you talk a little soft, turn off the radio
i just want to hear all the past times
the rushed hours, the endless lives
don't become a burden
say the word and be free

you will find a great weight lifting
easing your mind, a great weight lifting
just leave it behind, a great weight lifting
and you will find a great weight lifting

it's been a lonely winter hibernating away
you need a little sunlight on that face
how long can you stay in the darkness?
dust round the empty nest?
you could make you way out
if you lay down the load

you will find a great weight lifting
easing your mind, a great weight lifting
leave it behind, a great weight lifting
you will find a great weight lifting
just leave it behind, a great weight lifting
and you will find a great weight lifting

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