

The BUrn

Verse 1

Life's always a dance
Between love and fear
You're always so moody
That much is clear

You stay mad at the world
Can't risk living in it
But every voice matters
So you shouldn't ever quit

Verse 2

I too worry about everything and
It means I suffer twice
Trapped in the hell
Of what others call paradise

My secret escape is a
Place I don't have to pretend
Don't enjoy pain but
Cherish chance to be born again

Chorus 1

The burn
It's like tasting the cold lips of death
You will earn
When you burn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweaty
Sweaty Sweaty
Life is Sweat

Another turn
Do it over again and again
Body's firm
You will learn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweat
Life is Sweat
Work it out
Work it out!

Verse 3

It's what you do when
No one's looking that counts
Weeks later we're running
In sync ready to bounce

You feel great when
You're hitting the gym?
Fearless and ready
To take another hit?

Chorus 2

The burn
It's like tasting the cold lips of death
You will earn
When you burn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweaty
Sweaty Sweaty
Life is Sweat

Another turn
Do it over again and again
Body's firm
You will learn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweat
Life is Sweat
Work it out
Work it out!

Bridge

Chorus 3

The burn
It's like tasting the cold lips of death
You will earn
When you burn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweaty
Sweaty Sweaty
Life is Sweat

Another turn
Do it over again and again
Body's firm
You will learn
In the end
all that's left is
Sweat
Life is Sweaty
Life is Sweat
Life is Sweat
Work it out

Work it out!