Sometimes when I am well fed and my mind...
doesn't have my best interests in mind [x2]
it's the times like these
that my feet, they speak and sing, cause they do so better than can my head

cause when I play any regular sort of tune like a Shotish or a Waltz or a Jig or a Reel or a Certims or a Hornpipe or a Polka my fever will have nothing to do with the proper time no my fever will have no to do with the proper time

times when I am well fed and my mind...
doesn't have my best interests in mind [x2]
it's the times like these
that my feet, they speak and sing, cause they do so better than
can my head

let them speak their heady opinions though and you'll hear... oil and butter [x2] lots of oil, lots of butter oil and butter