You can't be what you were
So you better start being
just what you are
You can't be what you were
the time is now is running out
is running out
is running running running out
You can't be what you were
So you better start living the life
That you're talking about
You can't be what you were

The no movement, the no movement, the no movement
In a bad mouth
It betrays a bad mind
The no movement, the no movement, the no movement
In a bad mouth
It betrays a bad mind
The no movement, the no movement
It betrays a bad mind
The no movement, the no movement
It betrays a bad mind
It betrays a bad mind
It betrays a bad mind

You're always talking talking talking talking shit now but you will talk yourself down you're going way down!