Fast Flo paints her nails and she looks bored So far nothing scored Where she comes from, people take it nice and slow That's all it takes, you know

Movin' down life, one way or another
Movin' down life, movin' with each other
Movin' down life, movin' in, on another life
Movin', movin' down life

Truck Stop Ben thinks everybody else is a fool
That's why he dropped out of school
He drops them bennies and he sticks to the white line
I say he's doing fine

Movin' down life, one way or another Movin' down life, movin' with each other Movin' down life, movin' in, on another life Movin' movin' down life

No one knows where the river starts or where it goes But jumping in and leaving my clothes

Movin' down life, one day or another Movin' down life. movin' with each other Movin' down life, one way or another Movin' down life, movin' with each other