I been lied to, I been crossed
I been put up hard and damn near lost
I been promised, I been fooled
I been deprived, but I been schooled

So step away, take back your hand
I'm no who can shake this thing
Shake it, I will do it all force down
I'm still standin' here
With my feet planted firmly on the ground

I'm a mom, I was a child
I was confused, I was almost sanctified
I been sanctioned, I been I been revealed and damn near swallow
ed

Step out my way, take back your hand
I'm no who can shake this thing
Shake it I will, do it all force down
I'm still standin' here
With my feet planted firmly on the ground

Was I gone too long?
Did I come on too strong?
Did I share too much?
Did I not care enough?
I'm just tryin', tryin'... To carry on

So step away, take back your hand
I'm no who can shake this thing
Shake it, I will do it all force down
I'm still standin' here
With my feet planted firmly on the ground