

Get On The Natch

Boz Scaggs

Oh sleeping beauty its time to wake up
And get ready for a brand new day
It's the new millennium and time to rise
And maybe think in a different way

Take a deep breath have a look around
Are you happy with what you see
If your body's fit and your mind is clear
No reason you ought not to be

If some joker's trying to sell you some new sport drink
Just tell him that you'll have to pass
You're paying three times as much for this bottle of water
As you're paying for a gallon of gas

Cause everything counts even small amounts
When you're working towards a goal
It's not about simple thirsts or hungers
But satisfying your soul

Get on the natch
And don't talk back
Get on the natch
Get off your booty
Get on the natch
Well allarootie
I can't tell you what to do do do

You eat a bucket of grease and a can full of sugar
You're adding to the critical mass
Pretty soon you're gonna need a new wardrobe
To cover your big new ass
I aint sayin' slim is beautiful
Or you got to be some showdog
But go down to the gym or find a place to swim
And ask the doctor if you can't jog

If not your body your memory
Think back to what it's like as a kid
When you're running and climbing and jumping around
Having fun with the things you did
It's not easy it's hard at first
When you're breaking the old routine
Get off your behind cut some TV time
Try reading that magazine

Get on the natch
And don't talk back
Get back in here you little..
Get on the natch
Well allarootie
I can't tell you what to do do do

You better watch out its alright to cry
But we don't like nobody whines
And being cool aint acting son
It's like read between the lines

Try a little dignity have self respect
And you'll reap just what you sow
If you're not sure about something don't worry about it
Just tell 'em "I don't know"

Get on the natch
Don't talk back
Get on the natch
And get your feet off the couch
Get on the natch
Well allarootie
I can't tell you what to do do do

Get on the natch
Get back in there you little..
Get on the natch
And don't talk back
Get on the natch
Well allarootie
I can't tell you what to do do do
Get on the natch

Get on the natch
Slam that back door one more time
Well allarootie
Get on the natch
Get off your booty
Get on the natch
Good God Bernice
Get on the natch
Slam that back door one more time
Well allarootie
I can't tell you what to do do do
Get on the natch
Don't talk back