

## 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