One day at a time
That's how I live my life today
One glimpse at the sun
And I was blinded by the light
What a price I was to pay

Each morning I rise
And I pray to God above
That one day I will return
To the world I left behind
To the people that I love

It's been ten years, maybe more
Since I've been locked behind this door
And by rights I should be free

You can take a man, break his will Make him bad, give him time to kill But you can't do that to me I'm an innocent man

And I refuse to lie down I refuse ta lie down

They put me in a place
Where the sun refused to shine
They took away my soul
But my memories remained
Of that once-upon-a-time

One day at a time
That's how I live my life today
Still searching to find
A single word ihat fits the lock
To turn the key to set me free

And I refuse to lie down I refuse to lie down