

# I Can't Help Myself

John Fogerty

My oh my, what's a guy to do?  
The time is right, time to make a move;  
This is hard to take, I can hardly wait!  
I can't help myself.

Pins and needles, nervous alley cat;  
I can't sit down, I'm burnin' up the track;  
Like a runaway truck, I just gotta buck;  
I can't help myself.

There's a whirlwind up ahead, so spread the news;  
I can't be late, I gotta break, I feel like bustin' loose!  
I can't help myself.

My oh my, ride the wild stampede;  
I can't let go, I can't control the speed;  
I'm chompin' at the bit, and it's too late to quit!  
I can't help myself.

There's a whirlwind up ahead, so spread the news;  
I can't be late, I gotta break, I feel like bustin' loose!  
I can't help myself.

I can't help myself, I can't help myself.  
This is hard to take, I can hardly wait!  
I can't help-a-my, I can't help-a-my, I can't help-a-myself.