I noticed tonight that the world has been turning While I've been stuck here dithering around Well I know I said I'd wait around till you need me But I have to go, I hate to let you down

But I can't stop now
I've got troubles of my own
Cause I'm short on time
I'm lonely
And I'm too tired to talk

I noticed tonight that the world has been turning While I've been stuck here withering away Well I know I said I wouldn't leave you behind But I have to go, it breaks my heart to say

That I can't stop now
I've got troubles of my own
Cause I'm short on time
I'm lonely
And I'm too tired to talk

No one back home
I've got troubles of my own
And I can't slow down
For no one in town
And I can't stop now

And I can't slow down For no one in town And I can't stop now For no one

The motion keeps my heart running The motion keeps my heart running The motion keeps my heart running The motion keeps my heart running