How can you lose your song?
When you have sung it for so long?
How can you forget your dance, your dance
When THAT dance is all you ever had?

It must be, it must be true
You can't SEPARATE THE TWO
Oh no, you can't
It's impossible to do
JUST like the salt in the stew
Oh my, it's all A part of you
One thing that life cannot do
Life can't do it NO
It can't take your salt from you

So when life brings a chance, a chance For you to give your part, TO give your part away Don't just stand there FEELING scared Don't be afraid 'Cause there could be a treasure right there

Now listen, listen to THE truth
It does not matter, doesn't matter what you do
Still gonna BE you
Just like the salt in the stew
Yeah, it's all A part of you
And one thing, the one thing that life cannot do
Hey, hey, can't do it NO
It can't take your salt from you

Life can't take it, you DON'T give it Life can't take it

It can't take your salt from you