

Spit It Out

Lou Reed

If there's rage inside you so you cannot think, spit it out
If you get so angry that you cannot speak, spit it out
Talk to him or her or it
And tell them where they can put it
Spit it out, spit it out

You got to talk to him or her or it
And take aim with your mouth and spit
Spit it out, spit it out

If you get worked over at your job, spit it out
If a taxi almost runs you down, spit it out
You got to take aim with your mouth and speak
And give it to them right between the teeth
Spit it out, spit it out

Talk to him or her or it
And take aim with your mouth and spit
Spit it out, spit it out

Spit it out
Hey, hey, hey

If you're patient and you have the time, spit it out
Wait till they're on the decline, spit it out
The Chinese say you meet the hard with the soft
The Yin with the Yang, the down with the up, oh
Spit it out, spit it out

You got to grab that dumb he, she or it
And give it to them right between the teeth
Spit it out, spit it out

Spit it out, babe, spit it out
Hey