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In a moment
When the skies are grey
When I feel like running away
I close my eyes
Close my eyes
Start to bob and sway
In a moment
When the chips are down
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When the chips are down
Open my mouth I can't make a sound
I clap my hands
I clap my hands
Rise and stand and say

- I know the one love is in me I know the one love is in me I know the one love is in me I know the one love
- In a moment
  When you can't decide
  A moment
  All torn up inside
  Quiet your mind
  Quiet your mind
  Let your love light shine
- I know the one love lives in me I know the one love lives in me I know the one love lives in me I know the one love, love, love

What am I supposed to be
What am I supposed to say
If I'm lost at sea
I'd say hit me, hit me, hit me
I'd say hit me, hit me, hit me
Go on hit me, hit me, hit me
Go one hit me, hit me, hit me
Hit me with the love and I won't feel no pain

I know that one love lives in me I know that one love