

# Once a Day

Michael Franti & Spearhead

Yeah,  
Uh, yeah yeah yeah yeah yeah,  
Uh huh! Yo! Yo! Yo!  
Here we are!  
Become number one! Number one worldwide!  
Number one worldwide!  
Ah ah ah ah,  
This one's dedicated to all the soul rockers out there.  
Number one! Number one worldwide!

Yo,  
No no no no you never know what the world's gonna show you,  
It ain't up to you.  
You always think it's gonna happen to another person,  
And it's never ever gonna happen to you.  
You got your friends, you got your money,  
Got your family, got your honey,  
You think you got a million days.  
But then life comes along  
And it knocks you right down to the ground and that's why I say,

Everybody oughta hug somebody, at least once a day.  
And everybody oughta kiss somebody, at least once a day.  
Everybody's gonna miss somebody, at least once a day.  
And everybody gotta love somebody, every day!

And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up!  
And we all will rise up!

I heard the purpose of life's to live a life full of purpose,  
And so don't ever take for granted what the spirit has given you  
In the first verse,  
You might never get a second verse,  
This ain't a rehearsal, you can't put it in reverse.  
Believe in yourself, don't let nobody be a negative or tell you what to do.  
Cause I know (cause I know)  
In this sweet, sweet life that just this much is true!

Everybody oughta hug somebody, at least once a day. (Once a day)  
And everybody oughta kiss somebody, at least once a day. (Uh huh)  
Everybody gonna miss somebody, at least once a day. (Yo, yo)  
And everybody gotta love somebody, every day!

And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up! (Spread your wings and fly)  
And we all will rise up!  
And we all will rise up! (Spread your wings and fly)  
And we all will rise up!

So don't you worry bout what people say,  
Raise your head up and be on your way.  
And it don't matter if you fall today,  
Just get up, get up, get up, get up!

We rise up! (Hey)  
We rise up! (Hey)  
We ri-i-i-i-ise! (Yeah, yeah, yeah)  
We rise up! (Hey)  
We rise up! (Hey)  
We ri-i-i-i-ise!

Everybody oughta hug somebody, at least once a day. (Once a day)  
And everybody oughta kiss somebody, at least once a day. (Yeah)  
Everybody gonna miss somebody, at least once a day. (Uh huh)  
And everybody gotta love somebody, every day! (Yo)

And we all will rise up! (Rise up)  
And we all will rise up! (Yeah)  
And we all will rise up!  
And we all will rise up! (Come on, fly)  
And we all will rise up! (Rise up)  
And we all will rise up! (We gonna rise)  
And we all will rise up!  
And we all will rise up!

Spread your wings and fly!  
Peace in the Middle East, y'all.  
Michael Franti!  
Spread your wings and fly!  
East, north, and south.  
East and west y'all.  
Spread your wings and fly!  
Yo, yo!  
Number one! Number one worldwide!  
Number one!  
Ay!