Wake up here i go Cram it all down my throat Stomach so full That i wish i could choke Seven am my heads Already in a spin Just as soon I'm out that door bam Hits me like a ton Of those red bricks Can't dig myself Out of this highest ditch This madness I swear sometimes I can't tell which way is up Which way is down It's all up in my face Need to push it away Some body push it away So all that i can hear Is a simple song Sing along now La, la, la, la La, la, la La, la, la, la La, la, la

Mid day sun Beatin' on the concrete Burnin' up my feet Too many cars on the street The noise, the red, the green It makes me wanna scream 5 o'clock knocks Bumper on bumper on bumper Horns honkin nobodys Lookin' but everybody's talkin It's another day on this hiway I swear sometimes I can't tell which way is up Which way is down its All up in my face I need to push it away Somebody push it away Cause all i wanna hear It's a simple song La, la, la, la La, la, la La, la, la, la La, la, la What i'd give to turn it off Make it stop make it stop Gotta make it stop So all that i can hear