Wake up early, wipe the sleep from my eyes Glance across the room, it's 8:45 Can't forget to hang the washing out to dry Pick out my clothes so I can hit 'em with my style

Wash up my face and brighten up my smile Fix up my hair, add some sheen so I can shine Look at my watch, it's saying 10:45 Grab me some breakfast, time to jump in my ride

My family is callin'
I've been on the move since mornin'
Tryin' to fit it all in
Wish I could add me some more hours to the day, I gotta

Check my mum and make sure she's okay
All in one day
Cook and clean 'cos nothing seems to change
It's everyday

Get my nails done, take a trip to Spain Back the same day Text my friends and drink some chilled Rosé All in one day

On the move we keep it going, no time to lose And we're just tryin' to keep the day running smooth Who says that we can't have our cake and eat it too?

Been to the gym and now I'm feeling energized I had to exercise to tone up my thighs
Now got to pay my bills, they're on the red line
Gotta rush myself to the meter now before I get a fine

Went to my mum and now she's cooking the dinner I got to wait for the chicken to simmer Rice and peas with some sweet plantine Go grab your coat, let's go shopping in Spain

As we listen to the man sing 'Andala' We roll down the street straight to the bay Buy what we can buy and head back to the plane 'Cos we've only got one day to

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All in one day
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On the move we keep on going, no time to lose And we're just tryin' to keep the day running smooth Who says that we can't have our cake and eat it too? All my girls shout
Let me see my sisters who go all out
Freshly dipped in caramel tans with the back out
When we do it right you know it's gonna last all night

When we get together know it's gonna be all high And we don't need no fellas to spoil out vibe And we gon' keep it rockin' till the mornin' light And we gon' keep it poppin' till the Damn, I forgot to call my man

Baby, I'm sorry I'm late
Gon' make it up to you
When you get home you just wait
Let me make it up to you

Bubble bath runs down my body end of the day Candle light upon my window pane sounds like the rain No telephone, turn off the lights, let's get it on There's no one here but you and I Goodnight my love, goodnight