

Restrain

Poco

Get on down off your ladder, come out from the rain
Can't you see that there's no one to blame?
I got that feelin' that we're playin' the same old game
You better get on the run 'cause you know it's no fun

Restrain yourself

Can you tell me is it for certain or does it depend
Upon a feelin' that refuses to bend?
Victim of circumstance you'll say to the end
And you pay no mind you just watch it pass by

Restrain yourself
Till you can't restrain no more

Can you tell me why is it you sigh?
Is it because of a need you deny?
So come on up and deliver what you really know
Maybe discover what it feels like to grow

But you're just a mirror
Reflecting a show
Quiet on the scene now
Come out and take a bow

Don't restrain yourself
Restrain yourself
Till you can't restrain no more
Till you can't restrain no more

Restrain no more
(Restrain)
(Restrain)
Restrain no more
(Restrain)
No more
(Restrain)
No more