

## Bang Your Head (Metal Health)

Quiet Riot

I'm an axe grinder, pile driver  
Mama says that I never, never mind her  
Got no brains, I'm insane  
The teacher says that I'm one big pain  
I'm like a lazer, six string razor  
I've got a mouth like an alligator  
I want it louder, more power  
I'm gonna rock it till it strikes the hour

Bang your head  
Metal health will drive you mad  
Bang your head  
Metal health will drive you mad

I'm frustrated and out-dated  
I really wanna be over-rated  
I'm a finder and I'm a keeper  
I'm not a loser, and I ain't no weeper  
I got the boys to make the noise  
Won't ever let up, hope it annoys you  
Join the pack fee the crack  
Well now you're here, there's no way back!!!!!!

Bang your head  
Metal health will drive you mad  
Bang your head  
Metal health will drive you mad

Metal health will cure your crazy  
Metal health will cure your mad  
Metal health is what we all need  
It's like a heart attack!!!!!!

Bang your head wake the dead  
We're all metal mad, it's all you have  
So bang your head and raise the dead oh yeah  
Metal health it drives you mad, mad, mad, mad

Bang your head  
Metal health will drive you mad  
Bang your head  
Metal health will drive you mad

Ah get your straightjackets on tonight ohh  
The bad boys are gonna set you right  
Oh rock ya, rock ya, rock ya