So many lost in the shadows We pretend that there's nothing at stake Is it fact that we follow All the fictional steps that we take Trying hard to leave behind This mannequin motion (mannequin motion) Fighting just to stay alive I've got to get back to the basics Back to the basics now I'm running circles there's only one way out Everything inside of me Is telling me that it's about time to open my eyes Back to the basics cause I can make this right It's now or never Now or never No more wasting time It's getting better once we sever and erase these ties It's now or never (now or never) Now or never Like a shot from a starting gun Racing for the finish line But I'm just running blurry eyed Chasing something I can't find Back to the basics Back to the basics now I'm running circles there's only one way out Everything inside of me Is telling me that it's about time to open my eyes Back to the basics cause I can make this It's just a mannequin motion life That keeps us from the other side Fighting just to stay alive It goes on (It goes on) Goes on Back to the basics Back to the basics now I'm running circles there's only one way out Back to the basics Back to the basics now I'm running circles there's only one way out Everything inside of me Is telling me that it's about time to open my eyes Back to the basics cause I can't face this life It's now or never Make it right It's now cause I can't face this life It's now or never Going back to the basics