

On the rising tide  
Roller coaster ride  
As the truth descends  
You chose not to ride again

So you run, whatcha holding on, holding on to?  
Run, life is going on, all around you  
Run, whatcha holding on, holding on to?

You still love to dance  
Love to take a chance  
But something turned inside  
And the dreams, they got left behind

So you run, whatcha holding on, holding on to?  
Run, life is going on, all around you  
Run, whatcha holding on, holding on to?  
Run, look what's going on, all around you?

Don't want to have to make a change  
Wouldn't want to exaggerate the pain  
Go running and back to the old ways

So you run, whatcha holding on, holding on to?  
Run, life is going on, all around you  
Run, whatcha holding on, holding on to?  
Run, life is going on, all around you

Run, whatcha holding on, holding on to?  
Run, life is going on, all around you