

David Hinds  
Forward ever  
Backward never  
Stick together  
And last forever

The race is not for the swift but  
For those who endure  
We've been tried and tested  
And know the score

So pick up your bootstraps and backside  
We moving forward no backslide  
Wow now, wow now  
Stop your fighting back away back biting  
Let's unite now  
Not dividing  
These are things that I can't stand  
Says we're acting like crabs in a can now  
Nuff a fe we youth dem turn to  
Drugs and crime  
Come lets save the rest cause we are  
Loosing time now

CHORUS

So pick up your bootstraps and backside  
We moving forward no backslide  
We moving forward  
We moving forward Heh!  
We moving forward no backslide  
Wow now, Wow now

So pick up your bootstraps and backside  
We moving forward no backslide  
Are you ready for this message  
Seize the time to be progressive  
Take you stance now and be counted  
It's now or never  
Blessed are those who are struggling  
In a JAH name  
Iniquity workers bow their  
Heads in shame yeh

So pick up your bootstraps and backside  
We moving forward no backslide  
We moving forward  
We moving forward Heh  
We moving forward no backslide  
Wow now, Wow now