Looking around your home town
Trying to find a reason not to leave
All of your friends don't understand
You find that small town air so hard to breathe

Clock keeps ticking
You don't need the life your living
Deep in your heart don't you feel like running
Over the hills where the real worlds going on
There's nothing to keep you here
So what have you got to fear ?
You'll never be young again

So kick off the ball and chain (get running) Kick off the ball and chain (get running)

You work in a job you really hate
For a guy who thinks you're just a waste of space
You've been telling yourself so long now
One day you're gonna put him in his place
And wouldn't you love it
Telling the boss to shove it
Stay where you are you'll amount to nothing
It's only a step in your mind and you'll be gone

You know that you wanna go Like the wind you've got to blow So don't you hesitate

Kick off the ball and chain (get running) Kick off the ball and chain (get running) Get you ticket and board that train And kick off the ball and chain

You know you haven't got a thing to lose You don't wanna spend your life in a dead man's shoes

There's nothing to keep you here So what have you got to fear You'll never be young again Kick off the ball and chain You know that you wanna go Like the wind you've got to blow So don't you hesitate

Kick off the ball and chain (get running) Kick off the ball and chain (get running) Get your ticket and board that train And kick off the ball and chain