When I look in the mirror
I can't believe what I see
Tell me, who's that funky dude
Staring back at me
Broken, beaten down
Can't even get around
Without an old-man cane
I fall and hit the ground
Shivering in the cold
I'm bitter and alone

Excuse the bitching
I shouldn't complain
I should have no feeling
Cos feeling is pain
As everything I need
Is denied me
And everything I want
Is taken away from me
But who do I got to blame?
Nobody but me

And I don't wanna be an old man anymore It's been a year or two since I was out on the floor Shaking booty, making sweet love all the night It's time I got back to the good life It's time I got back, it's time I got back And I don't even know how I got off the track I wanna go back, yeah!

Screw this crap, I've had it!
I ain't no Mr. Cool
I'm a pig, I'm a dog
So excuse me if I drool
I ain't gonna hurt nobody
Ain't gonna cause a scene
Just need to admit
That I want sugar in my tea!
Hear me (hear me) I want sugar in my tea!

I don't wanna be an old man anymore
It's been a year or two since I was out on the floor
Shaking booty, making sweet love all the night
It's time I got back to the good life
It's time I got back, it's time I got back
And I don't even know how I got off the track
I wanna go back, yeah!

I wanna go back, I wanna go back
And I don't even know how I got off the track
It's time I got back, it's time I got back
And I don't even know how I got off the track
I wanna go back, yeah!

And I don't wanna be an old man anymore
It's been a year or two since I was out on the floor
Shaking booty, making sweet love all the night

It's time I got back to the good life
It's time I got back, it's time I got back
And I don't even know how I got off the track
It's time I got back, it's time I got back
And I don't even know how I got off the track
I wanna go back (I wanna go back)