One Spliff a Day

Natasja

(Intro)
Yah yusha
Pharfar run track yea!
Tasha passing thru??
go so nowChorus
One Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say
so Dung a yard mi haffi stay, Hey:
mi haffi follow mi heart JAH manOne Spliff a day, Good music haffi play
take a dip inna the bay
will keep the bad tings away
A so mi doctor say
so Dung a yard mi haffi staaayheyVerse 1
Mi waan feel The breeze again
i wanna find peace again
The harder the struggle
the stronger JAH people yea
the heart beat a Africa
Inna the island culture yah
Mek mi caan believe how far
dem ship Jah warrior, Away
All a mi Nubian bredren them
From Tivoli Garden and grants pen
Unu mek mi proud to be a African
And feel seh mi home again, yeaa eyea..Chorus
One Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say
A Dung a yard mi haffi stay,One Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say
so Dung a yard mi haffi staaayVerse 2
Sudan a plead again
the people them a grieve again
Denmark a freeze up

Mi Mumma beg mi nuh fi leave again
Mi love the place weh mi born and life star
Now mi roots dem a tear mi apart
I'm traveling far to follow my longing arms
Cant believe mi destiny
And how mi soul all divided inna three
But right yah now a yard mi find me melody,
melody, it go so..Chorus
One Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say a Dung a yard mi haffi staaay, yea...One Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say Dung a yard mi haffi staaaayone spliff a day, one,one splif a day,
one spliff a day ital food up pon mi plate,
hey, one spliff a day, rub-a-dub inna the shade
one spliff a day, yuh dun knowVerse 3
Mi waan feel the breeze again
i wanna find peace again
The harder the struggle
the stronger JAH people yea
the heart beat a Africa
Inna the island culture yah
Mek mi cant believe how far them ship
Jah warrior, AwayOne Spliff a day, Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say, a Dung a yard mi haffi staaay, yeahOne Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say Dung a yard mi haffi staaaayright yah so mi haffi stayOne Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say Dung a yard mi haffi staaayhere i comeOne Spliff a day,Good music haffi play
and a dip inna the bay
will keep the bad tings away
A so mi doctor say Dung a yard mi haffi sta...

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