

# Once a Day (feat. Sonna Rele & Supa Dups)

## Michael Franti & Spearhead

Here we are  
Become number one, number one worldwide  
Number one worldwide  
Ah ah ah ah  
This one's dedicated to all the soul rockers out there  
Number one, number one worldwideYo  
No no no no you never know what the world's gonna show you  
It ain't up to you  
You always think it's gonna happen to another person  
And it's never ever gonna happen to you  
You got your friends, you got your money  
Got your family, got your honey  
You think you got a million days  
But then life comes along  
And it knocks you right down to the ground and that's why I sayEverybody oughta hug somebody, at least once  
a day  
And everybody oughta kiss somebody, at least once a day  
Everybody's gonna miss somebody, at least once a day  
And everybody gotta love somebody, every dayAnd we all will rise up (spread your wings and fly)  
And we all will rise up  
And we all will rise up (spread your wings and fly)  
And we all will rise up  
And we all will rise up (spread your wings and fly)  
And we all will rise up  
And we all will rise up  
And we all will rise upI heard the purpose of life's to live a life full of purpose  
And so don't ever take for granted what the spirit has given you  
In the first verse  
You might never get a second verse  
This ain't a rehearsal, you can't put it in reverse  
Believe in yourself, don't let nobody be a negative  
Or tell you what to do  
'Cause I know ('cause I know)  
In this sweet, sweet life that just this much is trueEverybody oughta hug somebody, at least once a day (once a  
day)  
And everybody oughta kiss somebody, at least once a day (uh huh)  
Everybody gonna miss somebody, at least once a day (yo, yo)  
And everybody gotta love somebody, every dayAnd we all will rise up (spread your wings and fly)  
And we all will rise up

And we all will rise up (spread your wings and fly)  
And we all will rise up  
And we all will rise up (spread your wings and fly)  
And we all will rise up  
And we all will rise up (spread your wings and fly)  
And we all will rise up So don't you worry bout what people say  
Raise your head up and be on your way  
And it don't matter if you fall today  
Just get up, get up, get up, get up We rise up (hey)  
We rise up (hey)  
We rise (yeah, yeah, yeah)  
We rise up (hey)  
We rise up (hey)  
We rise Everybody oughta hug somebody, at least once a day (once a day)  
And everybody oughta kiss somebody, at least once a day (yeah)  
Everybody gonna miss somebody, at least once a day (uh huh)  
And everybody gotta love somebody, every day (yo) And we all will rise up (rise up)  
And we all will rise up (yeah)  
And we all will rise up  
And we all will rise up (come on, fly)  
And we all will rise up (rise up)  
And we all will rise up (we gonna rise)  
And we all will rise up  
And we all will rise up Number one, number one worldwide  
Number one, number one worldwide  
Number one, number one worldwide Spread your wings and fly  
Peace in the Middle East, y'all  
Michael Franti  
Spread your wings and fly  
East, north, and south  
East and west y'all  
Spread your wings and fly  
Yo, yo  
Number one, number one worldwide  
Number one  
Ay

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