These Are the Days

Smooth Jazz Work Out Music

Yea gotta stay conscious - huh - aaah
Gotta get ma bread gotta keep ma head up

These are the fucking days
When the gial dem in dem teens have the fucking aids
Nuff youth nuh have degrees but dem have the grades
Picture dis an' try fi si it wid yuh fucking ears

These are the fucking times yeah
When yuh sneakers ain't yuh only nines
Some weh call pon Jesus a dem commit the crimes
Nuff illiterate an' still a read between the lines
Those are the fucking dudes, them
dem a yuh fren an' want yuh fucking food
Then some a dem a rob while some a dem rape
While some a dem kill while some a dem shoot
Is like we need a rated R apon the fucking news

These are the fucking days
When yuh caan trust police wid dem dutty ways
Juvenile a run the streets wid the fucking Ks
Yo yuh caan even rest in peace in yuh fucking grave
Every day the same shit different gal same dick
Different flower same split different drugs same ship
Same Busy different hits
With different messages reaching out to everyone in all different communities

Yea
These are the fucking things
That make a fucking DJ wanna fucking sing
Mi caan believe the baby madda dash the pickney in the thing we pissin in
Baby fadda beat har wid the thing wah glistening
These are the fucking days yuh haffi hustle in the street like a fucking slave
Then the boss a work the least get the fucking raise
Yuh nuh si say di leaders need fi step up the pace
Listen to these fucking facts
You nuh hav a Smith & Wesson you'n hav a fucking glock
Coppa whistle, smaddy missin' when you hear it stop
Anotha madda bawl while she suffer the loss

Welcome to these fucking streets
Chalk line white sheet regular we see it
Less fortunate get treated like sum refugees
But don't get fed up keep ya head up stay on yuh feet
Right now we are at a fucking stage
This day and age is like we locked up inna fucking cage
A me a tell yuh seh di system need fi rearrange
It's kinda strange mi waan fi buy a Range but the price outta range

Watch the fucking way you move
Killers in the street always got sup'm to prove
Watch yuh step yuh betta watch the fucking way yuh choose
Careful how yuh live yuh life cah dem will out yuh fuse
These days at the airport
Dem waan yuh tek off belt kick off Airforce
Dem tek weh cologne, roll-on, toothpaste weh dem hear bout
Mi feel woulda pull mi fucking hair out

These are the fucking days
When yuh haffi sing seh these are the fucking days
Yo mi caan believe say these are the fucking days
While mi sing for da sake ya please play the fucking phrase
Gotta get ma bread gotta keep ma head up [x3]
Stay focus gotta keep your head up
Gotta keep ma head up stay strong
Yea saviour

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