

# Once a Day (feat. Sonna Rele)

## 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 worldwide Yo

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 say Everybody 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 day 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

And we all will rise up

And we all will rise up I 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 true Everybody 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 day 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  
And we all will rise up (spread your wings and fly)  
And we all will rise upSo 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 upWe rise up (hey)  
We rise up (hey)  
We rise (yeah, yeah, yeah)  
We rise up (hey)  
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 upNumber one, number one worldwide  
Number one, number one worldwide  
Number one, number one worldwideSpread 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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