

We Do This Every Day

Michael Franti & Spearhead

Yeah

Uh, yeah yeah yeah yeah yeah

Uh huh, yo, yo, yo

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 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 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 ri-i-i-i-ise

(Yeah, yeah, yeah)

We rise up

(Hey)

We rise up

(Hey)

We ri-i-i-i-ise 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 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

Songwriters

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