Get On The Natch

Boz Scaggs

Oh sleeping beauty, it's time to wake up
And get ready for a brand new day
It's the new millennium and time to rise
And maybe think in a different way
Take a deep breath, have a look around
Are you happy with what you see?
If your body's fit and your mind is clear
No reason you ought not to be
If some joker's trying to sell you some new sport drink
Just tell him that you'll have to pass
You're paying three times as much for this bottle of water
As you're paying for a gallon of gas
'Cause everything counts even small amounts
When you're working towards a goal
It's not about simple thirsts or hungers
But satisfying your soul
Get on the natch and don't talk back
Get on the natch, get off your booty
Get on the natch, we'll allarootie
I can't tell you what to do, do, do
You eat a bucket of grease and a can full of sugar
You're adding to the critical mass
Pretty soon you're gonna need a new wardrobe
To cover your big new ass
I ain't saying slim is beautiful
Or you got to be some showdog
But go down to the gym or find a place to swim
And ask the doctor if you can't jog
If not your body, your memory
Think back to what it's like as a kid
When you're running and climbing and jumping around
Having fun with the things you did
It's not easy, it's hard at first
When you're breaking the old routine
Get off your behind, cut some TV time
Try reading that magazine
Get on the natch and don't talk back
Get back in here you little
Get on the natch, we'll allarootie

I can't tell you what to do, do, do
You better watch out, it's alright to cry
But we don't like nobody whines
And being cool ain't acting son
It's like read between the lines
Try a little dignity, have self respect
And you'll reap just what you sow
If you're not sure about something don't worry about it
Just tell 'em, "I don't know"
Get on the natch, don't talk back
Get on the natch and get your feet off the couch
Get on the natch, we'll allarootie
I can't tell you what to do, do, do
Get on the natch
Get back in there you little
Get on the natch and don't talk back
Get on the natch, we'll allarootie
I can't tell you what to do, do, do
Get on the natch, [Incomprehensible]
Get on the natch
Slam that back door one more time, we'll allarootie
Get on the natch, get off your booty
Get on the natch, good God Bernice
Get on the natch
Slam that back door one more time, we'll allarootie
I can't tell you what to do, do, do
Get on the natch, don't talk back

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