Do It

Delbert McClinton & Dick50

Well, I was feeling like hell and I was not getting well
So I went in for a physical check
And when I got to the doc, it was a hell of a shock
He said, "Boy, you're a physical wreck"He said,"Your livers all swollen
And your stomach's got a hole in it
From drinking too much for too long
And that's a good indication, you got bad circulation
'Cause your blood pressure's almost gone""And you got no reflexes in your solar plexus
When I tap you on the top of your knee
And your pulse ain't steady and your lungs
Are ready to collapse anytime you breath"
"And at the rate you're going all the symptoms showing
Boy, you'll never live to get old
So I came up with a plan to make you healthy again
But, boy, you've got to do what you're told""If you dig it, don't do it and if you like it better leave it alone
And if it's too much fun that ought to clue you, son
That you're probably doing something that's wrong"And if it feels good to you, don't let it fool you
'Cause you're playing in the danger zone"
I kept waiting and waiting for the doctor to finish
But he kept going on and onHe told me cut out the booze and put those muscles in use
And don't be smoking no cigarettes
And you know love with a stranger might be fun
But it's just like Russian Roulette
Get the grease out your diet, boil it
Don't fry it and don't you eat no more barbecue
You better get you a pen I ain't gonna tell you again
'Cause there's a whole lot more you gotta' doIf you dig it, don't do it and if you like it better leave it alone
And if it's too much fun that ought to clue you, son
That you're probably doing something that's wrong"And if it feels good to you, don't let it fool you
'Cause you're playing in the danger zone"
I kept waiting and waiting for the doctor to finish
But he kept going on and onHe told me cut out the meat and don't be crampin' your feet
And then he pointed toward Italian shoes
And he said, "Boy, look here you're gonna damage your ear
Listening to loud rock and rhythm and bluesAnd if a rabbit won't eat it brother you don't need it
That's the rules of your new menu
I wouldn't tell you no lie 'cause you will certainly die
And there's a whole lot more you gotta doIf you dig it, don't do it and if you like it better leave it alone
And if it's too much fun that ought to clue you, son

That you're probably doing something that's wrong"And if it feels good to you, don't let it fool you
'Cause you're playing in the danger zone"
I kept waiting and waiting for the doctor to finish
But he kept going on and onYou better stand up straight, you better lose some weight
Your posture's a terrible disgrace
You ought to suck in your gut, you need to pull in your butt
And there's whole lot more you gotta do
Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

Lyrics provided by
https://damnlyrics.com/