

One Spliff A Day

Natasja

(Intro)

Yah yusha

Pharfar run track yea!

Tasha passing thru??

go so nowChorus

One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi stay, Hey:

mi haffi follow mi heart JAH manOne Spliff a day, Good music haffi play

take a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi staaayheyVerse 1

Mi waan feel The breeze again

i wanna find peace again

The harder the struggle

the stronger JAH people yea

the heart beat a Africa

Inna the island culture yah

Mek mi caan believe how far

dem ship Jah warrior, Away

All a mi Nubian bredren them

From Tivoli Garden and grants pen

Unu mek mi proud to be a African

And feel seh mi home again, yea eyea..Chorus

One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

A Dung a yard mi haffi stay, One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi staaayVerse 2

Sudan a plead again

the people them a grieve again

Denmark a freeze up

Mi Mumma beg mi nuh fi leave again
 Mi love the place weh mi born and life star
 Now mi roots dem a tear mi apart
 I'm traveling far to follow my longing arms
 Cant believe mi destiny
 And how mi soul all divided inna three
 But right yah now a yard mi find me melody,
 melody, it go so..Chorus
 One Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say a Dung a yard mi haffi staaay, yea...One Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say Dung a yard mi haffi staaaayone spliff a day, one,one splif a day,
 one spliff a day ital food up pon mi plate,
 hey, one spliff a day, rub-a-dub inna the shade
 one spliff a day, yuh dun knowVerse 3
 Mi waan feel the breeze again
 i wanna find peace again
 The harder the struggle
 the stronger JAH people yea
 the heart beat a Africa
 Inna the island culture yah
 Mek mi cant believe how far them ship
 Jah warrior, AwayOne Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say, a Dung a yard mi haffi staaay, yeahOne Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say Dung a yard mi haffi staaaayright yah so mi haffi stayOne Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say Dung a yard mi haffi staaayhere i comeOne Spliff a day, Good music haffi play
 and a dip inna the bay
 will keep the bad tings away
 A so mi doctor say Dung a yard mi haffi sta...

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