

# Metal Health (bang Your Head)

## Quiet Riot

Well I'm an axegrinder Piledriver  
Mother says that I never never mind her  
Got no brains I'm insane  
Teacher says that I'm one big pain  
I'm like a laser 6-streamin' razor  
I got a mouth like an alligator  
I want it louder  
More power  
I'm gonna rock ya till it strikes the hour

[CHORUS 1:]

Bang your head! Metal Health'll drive you mad  
Bang your head! Metal Health'll drive you mad

Well I'm remonstrated  
Outdated I really want to be over-rated  
I'm a finder and I'm a keeper  
I'm not a loser and I ain't no weeper  
I got the boys to make the noise  
Won't ever let up  
Hope it annoys you  
Join the pack  
Fill the crack  
Well now you're here  
There's no way back

Bang your head! Metal Health'll drive you mad  
Bang your head! Metal Health'll drive you mad

Metal Health'll cure your crazy  
Metal Health'll cure your mad  
Metal Health is what we all need  
It's what you have to have

[Solo]

Bang your head  
Wake the dead  
We're all metal mad  
It's all you have

So bang your head  
And raise the dead  
Oh yeah!  
Metal Health  
It's not too bad  
Bad Bad

[CHORUS:]

Oh get your straight-jackets on tonight Oh  
Bang your head! Metal health'll drive you mad  
The bad boys are gonna set you right Rock on Rock on Rock on  
Bang your head! Metal health'll drive you mad  
Bang your head!

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