

Don't Stop, Spread the Jam

Infectious Grooves

Conversations that no one's supposed to hear

My thoughts are hazy, but the weather says it's clear

Please don't confuse what was said with what you heard

Destroy the meaning to the point of the absurd Oh it's a thought, full of rot

Take what you got, it hits the spot

So you can be all that you can

Oh it's a trip, so unhip

Watch out don't slip, give it some zip

And put some action to your plan!

Don't stop, spread the jam! Oh it's your pick, call it sick

But make it click, and watch it stick

Just make sure you understand

Go on attack, don't look back

You cannot lack, break from the pack

Get your head out of the sand!

Don't stop, spread the jam! Looking thru the reflection in the mirror

An inspiration for the failure that looms near

Pollute the principle, distort the truth and find

Take one step further, and you're still three steps behind
Don't stop, you gotta spread the jam! Slip out the door
but don't lock it, you will return

It is not the action but from the thought you will learn

Pay attention... pay the price, then count your change

Flip flop the average, what was normal now is strange
Don't stop, spread the jam! Oh it's a thought, full of rot

Take what you got, it hits the spot

So you can be all that you can

Oh it's a trip, so unhip

Watch out don't slip, give it some zip

And put some action to your plan!

Don't stop, spread the jam! Oh it's your pick, call it sick

But make it click, and watch it stick

Just make sure you understand

Go on attack, don't look back

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Get your head out of the sand!

Don't stop, spread the jam!

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