

Dance This Out

[Kyle Motsinger](#)

Weathered the storm
Felt the pain
Did I get hit
By a speeding train?
Thought that I was over it

Eyes are red
Muscles tense
Built up a wall in self-defense
But today it took a hit

I'm tired of being clever
Perfect rhymes and metaphor
Done a lot of introspection
I don't want to think anymore

I need to dance this out.

I need to
I need to
I need to dance this out
I need to
I need to
I need to dance this out

All this tension
Needs release
Struggling to find inner peace
Gotta groove my blues away

Iâ€™m moving myself
Out of the night
Forgot the sun
Could be so bright
Iâ€™m used to sleeping through the day

Make any room your dance
Who cares if people stare a
Need to shake off my frustrations

And I think that you should too

You need to dance this out

You need to

You need to

You need to dance this out

You need to

You need to

You need to dance this out

Kevin Bacon was angry so he danced it out

Jenny Beales got wet so she danced it out

it was good enough for them

itâ€™s good enough for you

When life sucks

Give no fucks

Youâ€™ve got to dance this out

We need to

We need to

We need to dance this out

We need to

We need to

We need to dance this out

Move your feet

Gotta dance it out

Feel the beat

Gotta dance it out

Hit the street

Gotta dance it out

Dance it out

Dance it out

Move your feet

Gotta dance it out

Feel the beat

Gotta dance it out

Hit the street

Gotta dance it out

Dance it out

Lyrics Submitted by Russell Minor

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