First Touch

Howard Goodall & Original London Bend it Like Beck

Team skills, ball skills Life skills, all skills Require that certain age-old knack Of zoning in while stepping back Curved shots, straight shots Long shots, great shots They're lost if you so much as blink If brain and boots are out of sync You've got to teach your head how not to think Don't think, just do it Tell yourself that there's nothing to it Add a dash of trust and just jump in Don't overplan it There's no formula carved in granite Will's all it will take to make it spin Just try a little less hard Apply a little more joy Feel a little more a sun Reveal a little bit more of you Than you're used to showing The you inside, wide-eyed, outgoing The you worth knowing So if you wanna bend that shot Give it tenth of all you've got And you'll be amazed by what just doing can do Just give a little bit less And live a little bit more Go a little off-road And show a little bit more of Jess Than the frown she's wearing The Jess who's fun, the one worth sharing Who's different, daring So the lesson for today Is you need to kill the flaws Feel your way And the lesson truly learnt Is a hurdle undermined, overturned And you can clear those mental blocks

If you think outside the box

Then there's a hope of a chance You might be rewarded by the sight Of a miracle in flight So if something just feels right

Right

Right

Right

Right

Everything I said was true All you need to do is do it

Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

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