

One And Lonely (the Beatmart Mix)

Superchick

It's not like they meant to hurt me
Watchin TV, checkin Britney, televised, my guys
Checkin out her thighs and I roll my eyes and sigh
It's not like I even need to be competing with unreality TV, fantasy

Not for a smart girl like me

Some days it's hard to be a one girl revolution

CHORUS:

Sometimes I have good days and it's good to be me

Sometimes I get the best of insecurity

And it's quite alright to be the one and only

But today I feel like the one and lonely

It's not that I don't know beauty is only skin deep

Just the skin I'm in, not the girl within

But one imperfection takes away my grin

Not that I think I'm ugly but

Acne throws me for a backslide

I won't go outside

Makeup can't hide how I feel inside

Some days it's hard to be a one girl revolution

CHORUS

(Oh, the one and lonely)

We all have bad hair days

Those nothing good about me days

Just keep moving on 'cause they'll be gone

And we'll still be here going on

We have our yesterdays

No lunch 'cause the jeans don't fit days

Just keep moving on 'cause they'll be gone

And we'll still be here going on

CHORUS:

Sometimes I have bad days and it's hard to be me

Sometimes I get brought down by insecurity

And I have my days where I'm the one and lonely

But today I choose to be the one and only

Yea, I'm the one and only

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