

# 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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