

Trained

[Natalie Maines](#)

Trained

You got me trained

You got me trained like a circus freak

To go behind my ears with my feet

While jugglin' fire and keepin' a beat

You got me, you got me, you got me, you got me

You got me trained to sit with your monkey

And watch him eat while I go hungry

With your hand up my back like your dummy

You got me, you got me, you got me, you got me

You got me trained like a heavyweight in his prime

You say to jump and I say "From how high?"

Tell me to swing and I'll kick up my legs

You say mercy and I drop down and beg

Trained

You got me trained like a rat in his cage

You got me trained to always act my age

You got me trained to never show my rage

You got me, you got me, you got me, you got me

You got me trained to follow your lead

You got me trained to go without what I need

You got me trained to never ever bleed

You got me, you got me, you got me, you got me

You got me trained like a heavyweight in his prime

You say to jump and I say "From how high?"

Tell me to swing and I'll kick up my legs

You say mercy and I drop down and beg

You got me trained like a dog on a leash

You got me trained how to act how to speak

You got me trained to never release

You got me, you got me, you got me

You got me trained like a heavyweight in his prime

You say to jump and I say "From how high?"

Tell me to swing and I'll kick up my legs

You say mercy and I drop

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