

# Couch Potato

## BÃ©la Fleck and the Flecktones

Look  
If you had  
One shot  
To sit on your lazy butt  
And watch all the TV you ever wanted  
Until your brain turned to mush  
Would you go for it?  
Or just let it slip?  
Yo  
Remote is ready  
Eyes wide, palms are sweaty  
There's Flintstones on the TV already  
Wilma 'n' Betty  
No virgin to channel surf  
And I'm HD-ready  
So I flip  
Garbage is all I'm getting  
There's Simon Cowell  
Who folks wanna disembowel  
He opens his mouth  
Always says something foul  
They're dyin', wow  
Wannabes are crying now  
He votes them out  
Time to throw in the towel  
Shows based on reality  
Oh, the humanity!  
Oh, Ozzy's family  
Sho' loves profanity  
Whoa, the insanity  
Oh, dogs that crap and pee  
Home of depravity?  
No, they live happily  
Yo  
Plus "Da Ali G Show"  
And "Celebrity Mole"  
Oh, and there's Anna Nicole  
Well, she's scaring me  
"Look ma, no cavities"

Oh, it's a station break  
Better go out to the kitchen and microwave something  
"You're gonna lose your mind watchin' TV" They told me, they'd scold me  
But I'd still tune in every show (show)  
My cable gets C-SPAN, TV-Land, and HBO  
The Travel Channel, Discovery, and Lifetime (yo)  
"You're gonna lose your mind watchin' TV"  
They told me, cajoled me, "Turn off those music videos" (no)  
I'm gonna watch C-SPAN, TV-Land, and HBO  
The History Channel and QVC and Lifetime (yo)  
(You're gonna)  
My butt is aching  
As I watch NASCAR racing  
That show about undertaking  
Larry King  
To "24" to "Law And Order"  
The Weather Channel's boring like "60 Minutes"'s ancient reporters  
Next up on "E! True Hollywood Story"  
The rise and decline of twelve actors named Corey  
Shows for next fall, they've already been namin'  
  
"CSI: Boise" and "Touched By An Uncle" both sound pretty lame 'n'  
So does "Everybody Tolerates Raymond"  
And "King of Queens" jumped the shark the first minute  
I can't believe Richard Simmons ain't in it  
I'll move right on to "8 Simple Rules For Dating My Teenaged Daughter"  
Then I bet  
I watch "The Bachelorette"  
Followed by "Welcome Back, Kotter"  
And "The Muppet Show" where they go 'Mahna Mahna'  
"You're gonna lose your mind watching TV"  
They told me, they'd scold me  
But I'd still tune in every show (show)  
My cable gets C-SPAN, TV-Land, and HBO  
The Disney Channel and A&E and Lifetime (yo)  
"You're gonna lose your mind watching TV"  
They told me, cajoled me  
But I still love Lisa Kudrow (drow)  
I'm looking at C-SPAN, TV-Land, and HBO  
The Playboy Channel and Court TV and Lifetime (yo)  
(You're Gonna)  
Never missed "Melrose Place" or "Lost In Space"  
I've seen each "Amazing Race" and "Without A Trace"  
But I only watched "Will And Grace" one time one day  
Wish I hadn't 'cause TiVo now thinks I'm gay

Oh, and "Fear Factor" I watched maybe a half hour  
After that, felt like I needed a long shower  
Network execs with naked ambitions  
"Next week on FOX, watch lions eat Christians"  
Like to tie up those programming planners  
Make 'em watch all of that junk 'til their heads explode just like "Scanners"  
Leech-covered grub-eatin' fools on "Survivor"  
Look there's James Lipton discussing the oeuvre of Mr. Rob Schneider  
And there's "Gilligan" and "SpongeBob", plus there's "MacGyver"  
And Jay Leno has got Madonna, hey there's Luke Perry on a  
Special all Pig-Latin episode of "Drew Carey"  
Wanna turn on "E.T." 'cause I'm a gossip freak  
And I gotta know who J. Lo is marryin' this week  
A 30 second spot  
Then we come back to "Are You Hot?"  
I was planning on recording "The Sopranos"  
I forgot  
I love shows with or without a plot  
I'll stare 'til my legs are numb, my eyes bloodshot  
Because I only have got  
One brain to rot  
I'm gonna spend my life watching television a lot  
"You're gonna lose your mind watching TV"  
They told me, they'd scold me  
But I'd still tune in every show (show)  
My cable gets C-SPAN, TV-Land, and HBO  
The Sci-Fi Channel and AMC and Lifetime (yo)  
"You're gonna lose your mind watching TV"  
They told me, cajoled me, "Turn off that Oprah Winfrey show" (no)  
I got it on C-SPAN, TV-Land, and HBO  
The Learning Channel and MTV and Lifetime (yo)  
(You're gonna)  
You can watch anything you want to, man

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