

Once a Day (feat. Sona Rele & Supa Dups)

Michael Franti & Spearhead

Here we are
Become number one, number one worldwide
Number one worldwide
Ah ah ah ah
This one's dedicated to all the soul rockers out there
Number one, number one worldwideYo
No no no no you never know what the world's gonna show you
It ain't up to you
You always think it's gonna happen to another person
And it's never ever gonna happen to you
You got your friends, you got your money
Got your family, got your honey
You think you got a million days
But then life comes along
And it knocks you right down to the ground and that's why I sayEverybody oughta hug somebody, at least once
a day
And everybody oughta kiss somebody, at least once a day
Everybody's gonna miss somebody, at least once a day
And everybody gotta love somebody, every dayAnd we all will rise up (spread your wings and fly)
And we all will rise up
And we all will rise up (spread your wings and fly)
And we all will rise up
And we all will rise up (spread your wings and fly)
And we all will rise up
And we all will rise up
And we all will rise upI heard the purpose of life's to live a life full of purpose
And so don't ever take for granted what the spirit has given you
In the first verse
You might never get a second verse
This ain't a rehearsal, you can't put it in reverse
Believe in yourself, don't let nobody be a negative
Or tell you what to do
'Cause I know ('cause I know)
In this sweet, sweet life that just this much is trueEverybody oughta hug somebody, at least once a day (once a
day)
And everybody oughta kiss somebody, at least once a day (uh huh)
Everybody gonna miss somebody, at least once a day (yo, yo)
And everybody gotta love somebody, every dayAnd we all will rise up (spread your wings and fly)
And we all will rise up

And we all will rise up (spread your wings and fly)
And we all will rise up
And we all will rise up (spread your wings and fly)
And we all will rise up
And we all will rise up (spread your wings and fly)
And we all will rise up So don't you worry bout what people say
Raise your head up and be on your way
And it don't matter if you fall today
Just get up, get up, get up, get up We rise up (hey)
We rise up (hey)
We rise (yeah, yeah, yeah)
We rise up (hey)
We rise up (hey)
We rise Everybody oughta hug somebody, at least once a day (once a day)
And everybody oughta kiss somebody, at least once a day (yeah)
Everybody gonna miss somebody, at least once a day (uh huh)
And everybody gotta love somebody, every day (yo) And we all will rise up (rise up)
And we all will rise up (yeah)
And we all will rise up
And we all will rise up (come on, fly)
And we all will rise up (rise up)
And we all will rise up (we gonna rise)
And we all will rise up
And we all will rise up Number one, number one worldwide
Number one, number one worldwide
Number one, number one worldwide Spread your wings and fly
Peace in the Middle East, y'all
Michael Franti
Spread your wings and fly
East, north, and south
East and west y'all
Spread your wings and fly
Yo, yo
Number one, number one worldwide
Number one
Ay

Songwriters

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