

Step One

The Strand

Well I suppose youâ€™d like to know why I brought you here for. But I got something to say. Would you like to hear it? Here it go. Number one I hear a lot of and I see a lot of crap, I know a lot of people sit on their flap and go.. Bwak bwak bwak bak bak bak bawk, but thatâ€™s not me no-dee-no. Well, I got a good gig. I got a good job. I got a good girl that donâ€™t stop. I gotta go pee, oh thatâ€™s a good joke, oh no-dee-no, I guess itâ€™s not, but anyway I suppose youâ€™d like to know a little more.

Step one, baby, get it while itâ€™s hot. Aint no sense in wastin another second you got. Step one, life aint gunna come to your door. I got a big beef with people who are like, â€œBut the world is really tough. Iâ€™m depressed, Iâ€™m fat, Iâ€™m alone, I need a hug.â€• Holy shit! Shut up! Why donâ€™t you get a gag and save some time for people like Iâ€™d rather watch assisted living or reality TV. I bust my ass to get to get to get the things that I got, and you expect expect expect, that gold will like fall from the clouds into your silky smooth palms. Like it should just rain down diamonds because youâ€™re so fucking special. â€œUh Daveâ€• Uh yeah. â€œWhatâ€™s step two

Ooh step two, baby, youâ€™re Jean Luc Picard! Captain of the vessel youâ€™re the man thatâ€™s in charge. Step two, engage, make it so! â€œI canâ€™t eat, I canâ€™t sleep, I donâ€™t know what you think about me.â€• â€œI canâ€™t eat, I canâ€™t sleep, I donâ€™t know what you think about me.â€• I canâ€™t eat, I canâ€™t sleep, I donâ€™t know what you think about me. I canâ€™t sleep, I donâ€™t know what you think about. So, youâ€™re almost there, youâ€™re working your ass off. The end is in sight and youâ€™re like, â€œSweet tits! Tight pants!â€• But thereâ€™s one other thing you gotta worry about, you see. Ungodly good gig. I got a good job. I got a good girl, and sheâ€™s hot! I got everything anyone could want, but Iâ€™m miserable as fuck. And youâ€™re like, â€œreally?â€• And Iâ€™m like, â€œno, but yeah kindaâ€•. And youâ€™re like, â€œoh s

Step three, baby, hell if I know. I aint no good at happiness, but I got some goals. Three, well I usually just proceed back to step one. Step one baby. Step two baby. Step three three three three three, baby baby baby. Step one, little baby, get it while itâ€™s hot. Aint no sense in waiting another second you got. Step one, life aint gunna come to your door. Ooh step two, baby, youâ€™re Jean Luc Picard! Captain of the vessel youâ€™re the man thatâ€™s in charge. Step two, engage, make it so! Step three, baby, hell if I know. I aint no good at happiness, but I got some goals. Three, I usually just proceed back to step one.

Additional Notes:

Written by Dave Strand

Vocals by Dave Strand

Additional Vocals by Elias Lewter and Steve Laskarides

This song from The Strand: Destroyers Of That Which Is Destroyed And Rulers Of That Which Is Not Destroyed

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Recorded at Strandland in Chandler, Arizona
Song writing, production and engineering by Dave Strand (unless otherwise noted)
Mastering by Steve Laskarides of NR Mastering

Lyrics submitted by Dave Strand.

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