

Hit The Ground Running

Words and music by Jenica Rayne © 2014

stand still for the photo
as it catches time
stand still so nothing changes

but in the meantime
the days turned into years
and the years turned into numbers
and all the time that we stood still....

we could have been running in the wind
oh all these things we could have been
taking the chance....
to live your life not holding back

instead we stood here waitin'
for nothing to begin....

the only way out
it's a long way down
the only way to break free
is to find the ground and hit it running
hit the ground running

so many things
that keep us still
so many thoughts
that we cling to
all the voices in our heads
that keep us trapped
inside this web of dreams
that have come and gone
'til you wonder when
it all went wrong...

the only way out
it's a long way down
the only way to break free
is to find the ground and hit it running
hit the ground running
hit the ground running, running, running
hit the ground running, running, running
running....