

# Blues Traveler, All In The Groove

Sometimes when you worry  
The tendency to hurry  
Can make your vision blurry  
And blind you  
You might shake and you might stammer  
Or dance like MC Hammer  
But could that pomp and glamour  
Remind you  
Of who you are and where you're going  
And whose mind that you're blowing  
And if your car needs towing  
Don't move  
Then calmly call the AAA you've got nothing to prove  
As in all things, it's all in the groove

All in the groove  
All in the groove  
All in the groove  
All in the groove

Well if it's your destiny don't fight it  
War between the states unite it  
It might be difficult but might it  
Be worthwhile?  
I ain't no Solomon from Babel  
But my cards are on the table  
And I swear that if I'm able  
I'll run that mile  
So if I'm rambling ignore me  
If on the money then adore me  
You know the pearls are cast before me  
Oh what to do?  
Wish I could put it in a picture and hang it in the Louvre  
But like I said before it's all in the groove

You could say it isn't worth it  
Or maybe you could birth it  
But if there's too much girth it  
Won't move

All in the groove  
All in the groove  
All in the groove  
All in the groove

The jam it swings and sways  
As the groove funkily plays  
And they say crime never pays  
But this ain't no crime  
It's just a life blood flowing water  
That any son or daughter  
Would send away for order  
A celebration of time  
So jam on, jam out, jam it in  
Till it feels like it's a sin  
And that's only when you begin  
To improve  
Don't mind if it's the rhythm that's just only when you've  
Got to let it all be all in the groove

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They say the neon lights are bright on Broadway...in the groove, in the groove

"Hey, you know..."  
"You can't do that!"  
"I remember one time I was, ah.."  
"...we was jammin' on stage"  
"Yeah, I know that..."  
"You know what I'm talkin' about..."  
"You know the stories?"  
"Aw, yeah..."  
"Yeah, that's right..."