Dag Nasty, Turn It Down

you can't believe it look at the mess you're in and like a bottle of India ink that spilled you can't clean it up just leave it alone it's time to turn it down you've got to turn it around your world starts spinning like a record in a groove and like a bottle of beer you drink too fast just slow it down gotta slow it down (you can't put it down) it's time to turn it around you've got to turn it around don't let it kick you around tried so hard to make it on your own you tried so hard you couldn't make it on your own so you start thinking you can walk right out of here but like a bottle that washed up on the shore just look inside, take a look inside there's something inside