

Nasum, The Spiral Goes Down

Push yourself to the limit of exertion!
Push yourself!

No need to kick back
No time for ignorance
Motionless stupid f**ks!
Your discountenance is repulsive

Push yourself to the limit of exertion!
The spiral goes down and you will follow
Push yourself to the limit of exertion!
The spiral goes down, and you with it

No need to kick back
No time for ignorance
Motionless stupid f**ks!
Your discountenance is repulsive