

Rufus, Medley: Love The One You're With/Sit Yourself Down

If you're frightened and confused
And you can't remember who you're talkin' to
If your concentration slips away
'cause your baby is miles away

Chorus:

There's a rose in a fisted glove
And the eagle flies with the dove
And if you can't be with the one you love...
Love the one you're with

Don't sit frightened, don't sit mad
Don't sit cryin' 'bout the good times you had
There's a girl sittin' right next to you
And she's waiting for something to do

Chorus:

There's a rose in a fisted glove
And the eagle flies with the dove
And if you can't be with the one you love...
Love the one you're with

Turn your heartaches into joy
She's a girl, you're a boy,
Get it all together, make it nice
I won't give you no more advice

Chorus:

There's a rose in a fisted glove
And the eagle flies with the dove
And if you can't be with the one you love...

Love the one you're with

When I get restless what can I do
When I need someone I think about you
I got to move on, not fade away
I'm only just growin' a little each day
I got to quit this runnin' around
Got to get rid of the blues
Got to find somebody to make me slow down

Chorus:

Oh lay it down
Sit yourself down, take a look around
Sit yourself down, take a look around
Sit yourself down, take a look around
Sit yourself down, take a look around

When I get older mellowed down
Get myself settled on a patch of ground
Takin' it easy, live every day
Me and the raven will fly away
Got to stop runnin', got to get rid of the blues
Got to find somebody who will love me

Chorus:

Oh lay it down
Sit yourself down, take a look around
Sit yourself down, take a look around
Sit yourself down, take a look around
Sit yourself down, take a look around