Superchick, One And Lonely

It's not like they meant to hurt me Watchin TV, checkin Britney, televised, my guys Checkin' out her thighs and I roll my eyes and sigh It's not like I even need to be competing with unreality TV, fantasy Not for a smart girl like me Some days it's hard to be a one girl revolution

Sometimes I have good days and it's good to be me Sometimes I get the best of insecurity And it's quite all right to be the one and only But today I feel like the one and lonely

It's not that I don't know beauty is only skin deep Just the skin I'm in, not the girl within But one imperfection takes away my grin Not that I think I'm ugly but Acne throws me for a backslide I won't go outside Makeup can't hide how I feel inside Some days it's hard to be a one girl revolution

Oh, the one and lonely We all have bad hair days Those nothing good about me days Just keep moving on 'cuz they'll be gone And we'll still be here going on We have our yesterdays No lunch cause the jeans don't fit days Just keep moving on cuz they'll be gone And we'll still be here going on

Sometimes I have bad days and it's hard to be me Sometimes I get brought down by insecurity And I have my days where I'm the one and lonely But today I choose to be the one and only Yea, I'm the one and only"