Well I and I are troddin along A long long road Yes I and I are troddin along A long long road

It's easy to get lost on it
It's winding and it's rocky too
Jah people paid the cost on it child
So to yourself please be honest and true

Cause I and I are troddin along A long long road Yes I and I are troddin along A long long road

Some will claim to be your friend Then leave you just around the bend Some just live on false pretenses So Jah Jah children must defend one love

Well slow down for a minute You might see that you're in it Slow down for a minute You might see that you're in it oh it's true

And you know that
It's surely got it's ups and downs
So we've seen the smiles and the frowns
Remember that we're homeward bound
Cause the time is coming around

I and I are troddin along A long long road Yes I and I are troddin along A long long road

So don't cry for the falling leaves Don'' cry for the fallin leaves Don't cry, Don't cry, Stay roots

Cause we keep on troddin We keep on troddin We keep on troddin along

Yeah we keep on troddin We keep on troddin We keep on troddin along

Yeah we keep on chantin til we chant down old babylon Yeah yeah we keep on troddin...