I've been down and I've been out I washed up when I thought I would drown I've been down and I've been out Never flown so high with both feet on the ground I've been walking in circles, all my life Chasing my own tail I've got a penny in my pocket but the rest of my change Is down at the bottom of the well I've got my mind made up but what I can't figure out Is how am I gonna leave my mark When all I've got left is doubt I've been down and I've been out I washed up when I thought I would drown I've been down and I've been out Never flown so high with both feet on the ground I've wasted my time all these years Just looking for a little bit more But it's hard to keep your new shoes clean When all you've got is dirt on the floor And I've hit rock bottom with some good friends of mine We sat and watched the sun rise but we never saw it shine There's a man on the radio says he's got it all worked out He's got a show on the road but he don't know What it's all about I've been down and I've been out I washed up when I thought I would drown I've been down and I've been out Never flown so high with both feet on the ground