

Runnin on the spot.

In my childhood “running on the spot” was a common exercise in the school gym. It sounds like a fitting metaphor for most of life.

Runnin on the spot is safe,
yer life it cannae mar.

I’m shair it’s quite guid exercise, (Repeat last two lines.)
but it winnae get ye far.

It winnae get ye far, it winnae get ye far.

I’m shair it’s quite guid exercise, but it winnae get ye far.

Runnin on the spot’s aw right
as far as I can see,
but it isnae ony kin o wey
tae get fae A tae B.

Runnin on the spot’s guid fun,
but still, withoot a doot,
for aw the runnin that ye’ve done,
ye’ll find ye’ve juist steyed put.

I’ll no mock runnin on the spot,
but if ye’d make yer way
an leave yer mark upon the world,
there’s better things tae dae.

For aw guid guidance is sae rife,
for aw that I’ve been taught,
I doot I’ve spent maist o ma life
juist runnin on the spot!