



EMOMASTERS® “UNSTOPPABLE ME” SERIES

“Take a Step Back” Lyrics

(Anger managed by RAP)

Performed by:

Journey
Fillup
Malik
Anaya

Hey, why would you take that? Uh, oh.
Back. Back. Back.

CHORUS:

Take a step back.
Take a step back.
Take a step back.
Take a step back.

VERSE 1

Sometimes it feels like that.
Anger hits like a train like a train on a track.
Comes like thunder but I won't crack.
I breathe real deep, keep my mind on track.

VERSE 2

Got them problems; problems on stack.
Like I'm carrying them in my backpack.
Just like my fingers go snap.
It won't last forever did you know that?

VERSE 3

My chest feels tight like a balloon going pop.
Feet feel heavy like they're stuck in a rock.
Anger's like fire, it's burning so hot. Whoa!
Don't let it take the shot.

BRIDGE

Get that out of there!
Cause the mic is mine.
Breathe deep three times.
Feel your feet on the floor.
Choose to bring out the best in yourself and
you score.

CHORUS:

Take a step back.
Take a step back.
Take a step back.
Take a step back.

VERSE 4

I own my feelings, they don't own me.
My voice is strong like the waves in the sea.
Emotions rise but I set them free.
I'm on the mic, the best I can be.

CHORUS (2 times):

Take a step back.
Take a step back.
Take a step back.
Take a step back.



The EMOMASTERS® remind you: “Every emotion has power—learn it, master it, use it!”