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Lyrics by Jhana Matthews

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Genre of Music: Pop Rock with female girl-group vocals, clear lead lines and stacked harmony choruses; analog synthesizer hooks, bright electric piano accents, layered rhythm guitars and punchy live drums; polished wide mix with tight vocal doubles and chorus lift; driving midtempo four-on-the-floor pulse

Song via Suno

# *Moving On*

[Verse 1]
I spent so many years crying over spilt milk
Thinking about things that I couldn't control.
Every memory took me back to yesterday,
And I couldn't find a way to let it go.
Then I finally said goodbye.
I've turned old wounds into lessons,
And heartbreak into scars.
They watched me bleed without a care,
Like my pain was never there.

[Pre-Chorus]

It took me a while to understand
That I couldn't keep living this way.
I had to finally say goodbye,
No turning back this time.

[Chorus]
I'm done with the disrespect,
I'm done with negativity.
I'm putting myself first,
It's finally time to choose me.
I can't change what's already happened,
But I can learn and carry on.
I'm leaving yesterday behind me,
I'm finally moving on.

[Verse 2]
Having time apart
Helped me finally see
The girl I was always meant to be.
I started letting go
Of the people who were holding me back.
The more I walked away,
The more of myself I found.

[Pre-Chorus]
It took me a while to understand
That I couldn't keep living this way.
I had to finally say goodbye,
No turning back this time.

[Chorus]
I'm done with the disrespect,
I'm done with negativity.
I'm putting myself first,
It's finally time to choose me.
I can't change what's already happened,
But I can learn and carry on.
I'm leaving yesterday behind me,
I'm finally moving on.

[Verse 3]
I'm done letting myself feel trapped,
I'm choosing myself instead of looking back.
Moving on doesn't mean forgetting,
I'm not living in yesterday.
The pages I've written
Will always be part of my story.
I can learn from every page,
The past has made me a better person.

[Pre-Chorus]
It took me a while to understand
That I couldn't keep living this way.
I had to finally say goodbye,
No turning back this time.

[Chorus]
I'm done with the disrespect,
I'm done with negativity.
I'm putting myself first,

It's finally time to choose me.
I can't change what's already happened,
But I can learn and carry on.
I'm leaving yesterday behind me,
I'm finally moving on.

[Bridge]
I may struggle, but I know my worth,
I’m not here to please the world.
I spent too long living for yesterday,
Now I’m living for today.
I’m choosing peace, I’m choosing me,
And that’s who I was meant to be.

[Pre-Chorus]
It took me a while to understand
That I couldn't keep living this way.
I had to finally say goodbye,
No turning back this time.

[Chorus]
I'm done with the disrespect,
I'm done with negativity.
I'm putting myself first,
It's finally time to choose me.
I can't change what's already happened,
But I can learn and carry on.
I'm leaving yesterday behind me,
I'm finally moving on.

[Final Chorus]
I’m leaving the past behind,
I’m done feeling sorry for myself.
I’m choosing happiness,
I’m finally choosing myself.
I can’t change the past,
But I can learn from what I’ve been through.
I’m leaving yesterday behind me,
I’m finally moving on.