

It's a hard-knock life for us
It's a hard-knock life for us

'Stead of treated

We get tricked

'Stead of kisses

We get kicked

It's the hard-knock life

Don't if feel like the wind is always howl'n?
Don't it seem like there's never any light!
Once a day, don't you wanna throw the towel in?
It's easier than puttin' up a fight

No one's there when your dreams at night get creepy
No one cares if you grow or if you shrink

Empty belly life
Rotten smelly life
Full of sorrow life
No tomorrow life

Santa Claus we never see
Santa Claus, what's that?
Who's he?

No one cares for you a smidge
When you're a foster kid

It's the hard-knock life

Make my bathroom shine
But don't touch my medicine cabinet

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No one cares for you a smidge
When you're a foster kid

It's the hard-knock life
It's the hard-knock life