

## **Barenaked Ladies "One And Only"**

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Hey, pass the ball  
Why do you run it in circles?  
Waves crash the wall  
Soon enough all your hard work will fail

Wait, hold the phone  
I don't know if I can take this  
Leave me alone  
I don't know if I can make this work

See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only

I need to think  
'Cause now I've got everyone wondering  
Pass me a drink  
Last but not least and my virtue's gone

Lend me a hand  
I think I could walk if you help me  
Please understand  
If I could talk, I would tell you why

See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only

Only one  
All or none  
My heart's done  
Weighs a ton

Hold me a while  
Tell me you'll never be leaving  
I'll walk the mile  
Seeing but not quite believing you

See, I know  
I'm lost and lonely

Please go slow  
I'm one and only

See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only

And only  
And only  
And only  
One and only, one

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