

## Helltrain

### "Down And Out"

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went out walkin' to this bastard tune  
met this bright guy one good day in june  
i was even he was steven  
well he told me that i better start believin'

tried it out went his way  
but the doctor told me that i wasn't doin' okay  
have to admit i was hit i was more than sick  
i killed steven and got off with the trick

i'm just hangin' around gettin' off to the sound  
i'm just lovin' the beat

screamin' screamin' like a baby  
screamin' reachin' out to save me  
an i'm down i'm out i'm into the ground  
drownin' in the bullet's sound  
reachin' out to save me

down and out i'm a wicked man  
can you pick it? can you stick it stick it out with me?  
take a ride where the sun don't shine  
can we do it in time?

well i'm on pills so am i okay?  
well i'm here to live and fight it out another day  
you know that thing about steven?  
it was a lie and you'd better start believin'

now shake off the heat

screamin'

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