

Kathy Mar

"One Foot Over The Waterfall"

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Your roads have all been easy
And your days have all been warm
And you've been blessed with common sense
And beauty in your form
You thought that this was just another
Simple stream to cross
But you've got one foot over the waterfall
And the rock is slick with moss

Chorus: One foot over the waterfall
And the shore is not in sight
One foot over the waterfall
On a dark and windy night
One foot over the waterfall
Will you ever get across?
One foot over the waterfall
And the rocks are slick with moss

In all your years of training
And all the school you've had
They never told you how to deal
With something quite this bad
Your bones are full of jelly
And your heart is full of drumming
You've got one foot over the waterfall
And you never saw it coming

The situation's hopeless
There's no one on your side
And more than almost anything
You'd love to run and hide
It won't get any easier
There's next to zero chance
And you've got one foot over the waterfall
So you might as well start to dance

It isn't always easy
To move along with grace
Sometimes in spite of all you do
You end upon your face
But if you try with all your might
To dance this dizzy track

Someone out beyond the waterfall
Will throw a lifeline back

I had one foot over the waterfall
When I found this solid ground
And without the lifeline tossed to me
I likely would have drowned
This message is a lifeline
This song my be a chance
When you've got one foot over the waterfall
You can sing it as you dance
Words and music: Kathy Mar

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