

The Alice Band

"One Day At A Time"

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Oh yeah - yeah, yeah

I'm not going back there again
I've come so far from where I've been.
I'm not gonna make it, lying in bed
Dreaming it up in my head.

I said 'jump the rope in perfect time'
All the cracks in all the lines
I see the colours of a butterfly - shine.

Chorus

When I'm all sold out
And I've crossed the line
When I'm filled with doubt
I take it one day at a time
When I'm going south
And I fall behind
There's no need to shout
I take it one day.. At a time.

Verse

Sometimes I just need a friend
To show me the light at the end
When walls feel like they are just closing again
That melody plays in my head.

I said 'jump the rope in perfect time'
All the cracks in all the lines
I see the colours of a butterfly - shine.
Yeah...

Chorus

When I'm all sold out
And I've crossed the line
When I'm filled with doubt
I take it one day at a time
When I'm going south
And I fall behind

There's no need to shout
I take it one day.. At a time.

Bridge

Sometimes I need to fill that space
I know it's hard but I've come to face
All these stages and
All these changes -
Yeah...

Chorus

When I'm all sold out
And I've crossed the line
When I'm filled with doubt
I take it one day at a time
When I'm going south
And I fall behind
There's no need to shout
I take it one day.. At a time.Ah - ah ah ah ah - Repeat to
fade.

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