- 1. Woke up this morning my house was cold Checked out the furnace she wasn't burnin' Went out and hopped in my old Ford Hit the engine but she ain't turnin' We've given each other some hard lessons lately But we ain't learnin' We're the same sad story that's a fact One step up and two steps back
- 2. Bird on a wire outside my motel room But he ain't singin' Girl in white outside a church in June But the church bells they ain't ringing Sittin' here in this bar tonight But all I'm thinkin' is I'm the same old story same old act One step up and two steps back
- 3. It's the same thing night on night
 Who's wrong baby who's right
 Another fight and I slam the door on
 Another battle in our dirty little war
 When I look at myself I don't see
 The man I wanted to be
 Somewhere along the line I slipped off track
 I'm movin' one step up and two steps back
- I get the message she's sendin'

 Mmm she ain't lookin' to married

 And me well honey I'm pretending

 Last night I dreamed I held you in my arms

 The music was never-ending

 We danced as the evening sky faded to black

 One step up and two steps back