

## Ups And Downs

Rough Silk

Sometimes your mind is getting  
out of control and your soul is on the run  
pictures of destruction  
are killing your hopes beat your heart against  
beat your heart against the wall and lights are turning  
into dark and rusty wheels but tears won't stay

ups and downs  
there are always ups and downs  
sometimes we act like clowns  
sometimes we act like heroes in the night  
ups and downs  
always ups and downs  
like kings but without crowns  
there are always ups and downs

sometimes your mind is racing  
up to the sky and your pride is flying free  
pictures of construction  
are feeding your hopes make your face like without  
make your face like without fear and wheels are turning  
but don't you feel too safe it's just like night and day

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There are always ups and downs  
Sometimes we act like clowns  
Sometimes we act like heroes in the night  
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Always ups and downs  
Like kings but without crowns  
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So there's no need to give your  
Bread away for stone  
Sometimes emotions grow  
Where feelings can't be shown