

# Let It Out

Switchfoot

Keep, keep, keep  
Keep pushing this higher  
I've been living uptight  
(Take it easy right now)  
Like a moth to the fire  
Like I'm losing this fight  
(Take it easy right now)

From the day we're born  
We are scarred and torn  
We've been scared to sing out loud

But we don't care no more  
'Cause we know life is short  
We don't care who hears us now  
Breathe it in and let it out

Let it out  
(Breathe it in and) let it out  
Let it out

Got, got, got  
Got me walking on a wire  
Got me shaking at night  
(Take it easy right now)  
When my soul gets tired  
Feel like I'm losing that fight  
(Take it easy right now)

From the day we're born  
We are scarred and torn  
We've been scared to sing out loud

But we don't care no more  
'Cause we know life is short  
We don't care who hears us now  
Breathe it in and let it out

Let it out  
(Breathe it in and) let it out  
Let it out

Yeah, come on, let it out

Are you holding on?  
Are you up against those ropes?  
Cause I know how it feels to lose hope  
Are you holding in?  
Well come on, let it out

Take a breath and let it out

From the day we're born  
We are scarred and torn  
We've been scared to sing out loud

But we don't care no more

'Cause we know life is short  
We don't care who hears us now  
Breathe it in and let it out

Let it out  
Let it out  
Yeah, c'mon, let it out  
Let it out  
Let it out

Breathe it in and let it out