

One  Down



~ evolution

One down ~ evolution ♯



~ evolution

Found no time to hide my lies from the side which wants to destroy this place

- I All My Life
- II You
- III Chances
- IV Destroy This Place

~ evolution

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- V Cruel Summer
- VI Keep Your Head Up
- VII We All Bleed
- VIII Fear Nothing

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I • All My Life

Came into this world, trying to be someone
Well she taught me everything
She left me in the sun
Once you leave this place
You start to see the light
Maybe it was wrong
But somehow always right...
You're always right

All my life she said this was
Not too far down to go this time
All my life she said this was
gonna break, break the chains that bind...
That bind

Thought I'd found the one,
Get it right this time
When I found that I was wrong,
Had to leave it all behind,
Sometimes the lies you sell,
Keep you hanging on
Found out it was cold
Still looking for the sun...
For the sun

(Solo)

The stinging of her bite
Well she helped me see the light
I know now it's okay
As the darkness fades away...
Fades away

II • You

I'm just lucky to be one of the free here
Good luck to those who think they can be
Someone they are never meant to be.
Here.

I just can't believe this is happening, happening
Just keep on pushing, keep on pushing till I find
Someone that's true, like you...

All these lines are fading,
Looking inside of...

You... It's true

I can never be one of the free here,
It's just one of the many things
They try to tell me, sell me, make me see
I know this will all change eventually
I'm going to be happy,
Just keep on pushing, keep on pushing till I find
Someone that's true, like you...

All these lines are fading,
Looking inside of...

You... It's true

(Solo)

Looking inside of you...
I see the lies that could be true

One Down

• Lead Vocals

Chrissy Scrofano
Jeff Mullen

• Guitars

Andy Guinnesso

• Bass

Paul Normandin

• Drums

Dickie L'Abbe

• Background Vocals

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All songs written by One Down except #5/copyright 2003

Recorded at the Sound Studio, Hudson, NH/Produced and Engineered by Gary Agresti
Art Direction/Production by Chris Colizzi at Dull Side Down Designs (dullsideindown.com)

Jeff would like to Thank:

My Mom and Dad, Kelly, Chris, Erik. You guys have supported me through all of these adventures.

My old roommate who showed me my first few chords and didn't laugh when I tried to sing. One Down who I consider my second family. It just keeps getting better and better.

And of course all of you who are reading this.

We ask a lot of you sometimes but you all come through, thank you for being there to support us in what we are trying to do. Thats about it... Peace out.

Chrissy would like to Thank:

First and foremost I want to thank my mother Gisele, my sister Gina and my boyfriend Joe for their constant love and support. I don't know where I would be without you. Special thanks to my One Down boys & friends John Barbagallo & Jill & Michael Marinelli.

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Paul would like to Thank:

All of our loyal fans that have stuck with us through the years. Also the following: The Music Factory, Musicians Workshop, Darren's, Hartke, & Yamaha.

Andy would like to Thank:

Mom for the talent, Dad for the tools, Babe for the jams, and most of all thanks to my sugar magnolia.



III • Chances

I sit and wait for what I don't know
But then again, did I ever know?
I try to find the way, torturing myself
Propelled by the memory of us
I remember the way that you touched me.
Can I handle the chances this time?

Knowing all about you
I think we can have it again
And I know you feel it
Do you think we can make it this time?

Holding me, feeling you
I didn't know that I could feel this way
again
Knowing that I need you
You better never let me fall out of it again

Fall into your arms surrender to you
Still feel afraid to just let it go
Look into your eyes I see through your
Working through the confusion in my
mind

And I know that we can make it this time
But then again we always knew

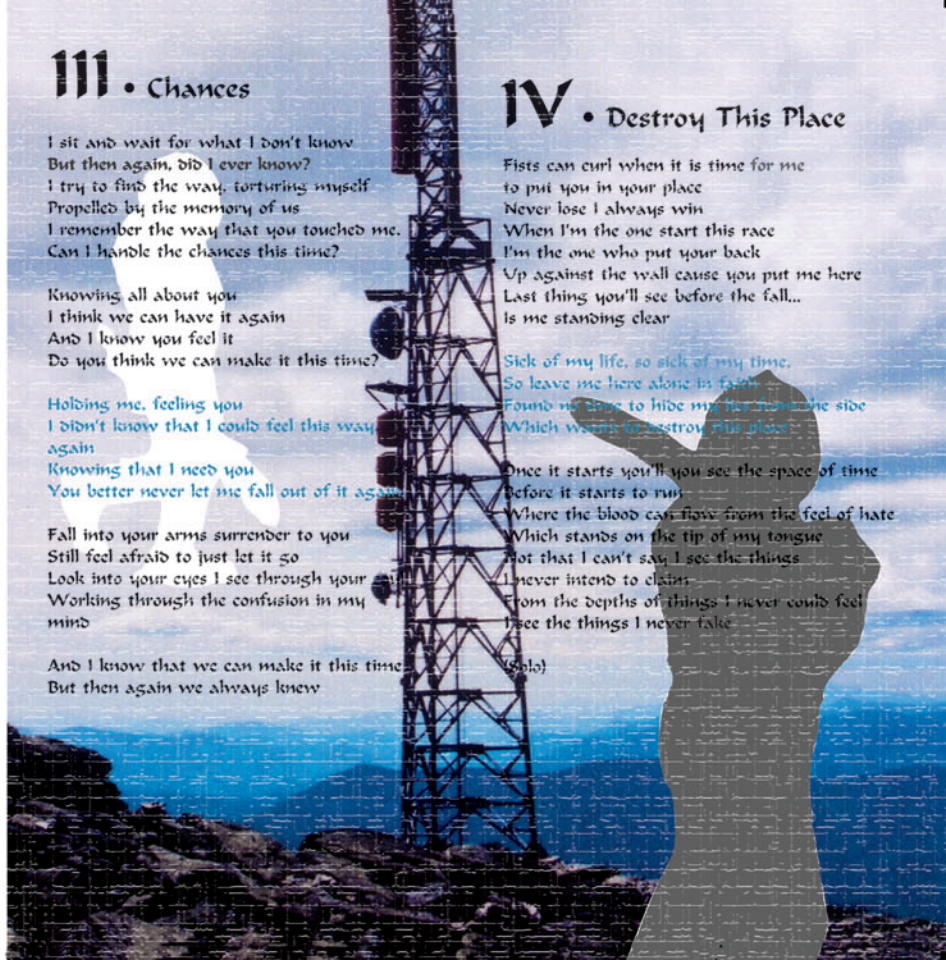
IV • Destroy This Place

Fists can curl when it is time for me
to put you in your place
Never lose I always win
When I'm the one start this race
I'm the one who put your back
Up against the wall cause you put me here
Last thing you'll see before the fall...
is me standing clear

Sick of my life, so sick of my time,
So leave me here alone in faith
Found no time to hide my fear from the side
Which wants to destroy this place

Once it starts you'll see the space of time
Before it starts to run
Where the blood can flow from the feel of hate
Which stands on the tip of my tongue
Not that I can't say, I see the things
I never intend to claim
From the depths of things I never could feel
I see the things I never fake

(Solo)



V • Cruel Summer

Hot summer streets
And the pavements are burning
I sit around
Trying to smile
But the air is so heavy and dry
Strange voices are saying

Things I can't understand
It's too close for comfort
This heat has got
Right out of hand

It's a cruel, (cruel) cruel summer
Leaving me here on my own
It's a cruel, (it's a cruel) cruel summer
Now you're gone

The city is crowded,
my friends are away
And I'm on my own
It's too hot to handle
So I've got to get up and go

VI • Keep Your Head Up

We all get up, don't know the reasons here
We all bleed sometimes,
I don't know how to fix it again
But we stand
And we take it
But sometimes life can really kill me

Keep your head up
Keep your eyes wide open
Keep on breathing
When things go wrong, is it all my fault?

We get pushed down
Kneeling on the ground, yeah
I keep telling myself it's time
To get up again
But we stand
And we take it
But sometimes life can really kill me

VII • We All Bleed

Left me down in Hell
Cause I'm the only one
Who's burned by the things I want
Not by the things I've done

Lost my place in here
Cause I'm too weak to run
I'm careful not to show
What I should never have done
Should not have done.
We all bleed inside
Left my soul on the outside
We all fake our lives
Trying to break someone

I've got to take a step back
So maybe I can see this
Just what I could have done
maybe to stop this

I call myself weak because I pay for this
Trying to erase the thoughts of what
I shouldn't miss
Shouldn't miss

VIII • Fear Nothing

Fear nothing while I stand here
See something that's not clear

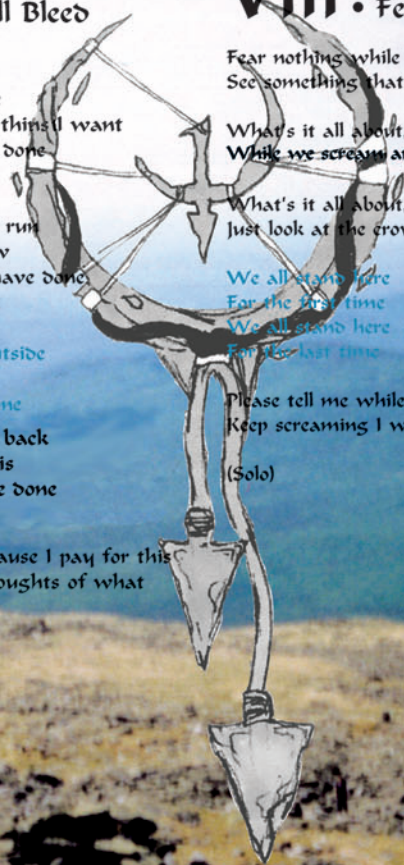
What's it all about, what do we talk about
While we scream and shout here

What's it all about, what do we talk about
Just look at the crowd here

We all stand here
For the first time
We all stand here
For the last time

Please tell me while I'm still here
Keep screaming I won't leave here

(Solo)



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