

Helena Beat

Foster The People

[Intro] **Em** D C D G D
Em D C D G D **Em**

Em D
Sometimes life it takes you by the hand
C D
It puts you down before you know it
G D
It s gone and you re dead again
Em D
I ve been in places and I won t pretend
C D
That I make it I just
G D **Em**
Fall on my head
Em D
When it s strange to take a walk downstairs
C D
Sweep you all up on a corner
G D
And pay for my bread
Em D
You know that I cannot believe my own truth
C D
To show what a truth
G D **Em**
It?s got nothing to lose

Em D
Yeah yeah and it s okay
C D
I tie my hands up to a chair
G D
So I don t fall that way
Em D
Yeah yeah and I m alright
C D
I took a sip of something poison
G D **Em**
But I ll hold on tight

Em D
You know those days when you wanted to choose
C D
To not get out of bed and
G D
Get lost in your head again

Em **D**
 You play the game but you gotta cut
C **D**
 Cuz you re coming down hard
G **D** **Em**
 Your joints are off stud
Em **D**
 I tried to say that s not the only way
C. **D**
 I never knew if I could
G **D**
 Convince myself to change
Em **D**
 You were pacing I was insecure
C **D**
 Slip and fall I got the calls of the
G **D** **Em**
 Prison I was living in

Em **D**
 Yeah yeah and it s okay
C **D**
 I tie my hands up to a chair
G **D**
 So I don t fall that way
Em **D**
 Yeah yeah and I m alright
C **D**
 I took a sip of something poison
G **D** **Em**
 But I ll hold on tight

(**Em** **D** **C** **D** **G** **D**)
 (**Em** **D** **C** **D** **G** **D** **Em**)

Em **D**
 Yeah yeah and it s okay
C **D**
 I tie my hands up to a chair
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 So I don t fall that way
Em **D**
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G **D** **Em**
 But I ll hold on tight

Em **D**
 Yeah yeah and it s okay
C **D**
 I tie my hands up to a chair
G **D**

So I don t fall that way

Em **D**

Yeah yeah and I m alright

C **D**

I took a sip of something poison

G **D** **Em**

A sip of something

Em **D** **C** **D** **G** **D**

Uuuhhh uuuhhh uuuhhhh

Em **D** **C** **D** **G** **D** **Em**

uuuhhu uuuhhh uuuhhhh

Em **D** **C** **D** **G** **D**

Uuuhhh uuuhhh uuuhhhh

Em **D** **C** **D** **G** **D** **Em**

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