

**Back And Forth**  
**Lanae Hale**

Back And Forth (A)  
Lanae Hale

Verse 1:

**F#m** (A) (A) (A) (A) (A) (A) **D** (A) (A) **A** (A) (A) **E/G#** (A) (A) **F#m** (A) (A) (A) (A) (A)  
 (A) (A) **D** (A) (A) (A) (A) **A** (A) (A) (A) **E/G#**  
 (A) (A) (A) (A) Well, it s easier to take, (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) When it s easy  
 not to break  
**F#m** (A) (A) (A) (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) **A** (A) (A) (A) **E/G#**  
 (A) (A) (A) (A) But set the enemy on fire  
**F#m** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) (A) (A) (A) (A) **A** (A) (A) (A) (A) (A)  
 (A) (A) (A) (A) (A) (A) (A) (A) **E/G#**  
 (A) (A) (A) (A) And feel the flames grow higher and higher and higher and higher

Pre-Chorus:

**E/G#** (A) (A) (A) (A) (A) **F#m** (A) (A) (A) (A) (A) (A) (A) (A) **E** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A)  
 (A) (A) (A) (A) **D**  
 (A) (A) (A) (A) If I could, than I would run across the sea, (A) (A) So You d speak to me

Chorus:

**A** (A) **E/G#** (A) (A) (A) **F#m** (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A)  
 (A) (A) Back and forth, the waves keep crashing  
**A** (A) (A) (A) (A) **E/G#** (A) (A) **F#m** (A) (A) (A) **D** (A) (A) (A) (A) (A)  
 (A) (A) Hold on, my head, I keep on sinking  
**A** (A) (A) **E/G#** (A) (A) (A) (A) **F#m** (A) (A) **D** (A) (A) (A) (A) (A) (A) (A) **A** (A) **E/G#** (A) (A) (A) (A)  
 (A) (A) (A) (A) (A) (A) **F#m** (A) (A) (A) (A) (A) (A) (A) (A)  
 (A) I need Your hand to (A) steady me, to bring Your peace to this storm (A)  
 (A) (A) (A) (A) (A) (A) **D** (A) (A)  
 Cause back and forth (A) (A) Yeah, oh, oh

Verse 2:

**F#m** (A) (A) (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) **A** (A) (A) (A) (A) (A) **E/G#** (A) (A) **F#m** (A) (A) (A) (A) (A)  
 (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) **A** (A) (A) (A) **E/G#**  
 (A) (A) (A) Well, it s easy not to care, (A) (A) (A) (A) (A) (A) (A) (A) (A) when apathy  
 poisons the air  
**F#m** (A) (A) (A) (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) (A) (A) **A** (A) (A) (A) (A) (A) (A)  
**E/G#** (A) (A)  
 (A) (A) (A) Well, on the surface it seems calm  
**F#m** (A) (A) (A) (A) (A) (A) (A) (A) (A) **D** (A) (A) (A) (A) (A) (A) (A) **A** (A) (A) (A) (A) (A) (A) (A)  
**E/G#**  
 (A) (A) (A) but underneath war rages on and on and on

Bridge:

**A** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) **E/G#** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A)  
 (A) (A) (A) (A) **F#m** (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) (A) **D**  
 (A) You are rain falling hard on my shoulders, (A) (A) (A) I lift my head, and don t  
 let go

A A A A A A A A A A A A A A A A **E/G#** A A A A A A A A  
A A **F#m** A A A A A A A A A A A A A A A A **D**

A Feel the tide growing high as I get older, A A A I lift my head and don t  
let go

A A A A A A A A A A A A A A A A **E/G#** A A A A A A A A  
**F#m** A A A A A A A A A A A A A A A A **D**

A Feel the waves rolling over and over, A A A I lift my head and I don t let  
go

A  
**E/G#** A A A A A A A A A **F#m** A A A A A A A A A A **D**

A Cause You re my light when the dark gets colder, A A so take my hand and  
don t let go

Don t let go-oh