

One
Metallica

Intro:

(Guitarra 1)

(Parte 1 - 2x)

Bm G7M

E |-----|
B |-----|
G |-----|
D |---4---0---4---0---|
A |-2---2---|
E |-----3---3-----|

Bm G7M

E |-----|
B |-----|
G |-----0-----|
D |---4---0---4---0---|
A |-2---2---|
E |-----3---3-----|

Bm A6

E |-----|
B |-----|
G |-----|
D |---4---0---4---0---|
A |-2---2---0---0---|
E |-----|

G7M E5 F#5

E |-----|
B |-----|
G |-----|
D |---4---0---|
A |-----2---2---|
E |-3---3---0---2---|

(Parte 2)

Bm G7M

E |-----|
B |-----|
G |-----|
D |---4---0---4---0---|
A |-2---2---|
E |-----3---3-----|

Bm G7M

A |-----4-----
 E | -3-----3-----0-----0-----2-----

(Parte 4)

G5 A5 D5
 E |-----
 B |-----3-----
 G |-----2--0-----2--0-----
 D |-----0-----2--0-----
 A |-----5-----0-----
 E | -3-----3-----

G
 E |-----
 B |-----0-0h3p0---0-0h3p0---0-----
 G |-----4-----4-----4-----
 D | -5-----
 A |-----
 E |-----

F Em
 E |-----1-----0-----
 B |-----1-----1-----0-----0-----0-----
 G |-----0-----0-----0-----0-----
 D | -2/3-----2-----
 A |-----
 E |-----

D5 G
 E |-----
 B |-----3-----0-0h3p0---0-----
 G |-----2--0-----2--0-----4-----4-----
 D | -0-----3-----
 A |-----
 E |-----

F
 E |-----1-----
 B | -0h3p0---0-----1-----1-----
 G |-----4-----0-----0-----
 D |-----2/3-----
 A |-----
 E |-----

Em
 E |-----
 B |-----0-----0-----
 G |-----0-----
 D | -2-----
 A |-----2/3-----
 E |-----

(Guitarra 2)

E |-----
B |-----3p2-----3p2-----3--3p2-----
G |-----2--b5r4-----4-----2-----4~-----
D | -2h4-----
A |-----
E |-----

P.M . . .

E |-----
B |-----
G | -11p9-----9p7-----7p6-----6p4-----2--2/4~~-----
D |-----0-----0-----0-----0-----
A |-----
E |-----

E |-----
B |-----2h3-2~-----2--3p2-----
G | -2/4-----2/4-----2--2/4~~-----
D |-----
A |-----
E |-----

P.M.

E |-----14--19-----19p17p15-17-----
B |-----15-----17~-----
G | -16-----
D |-----
A |-----
E |-----

E |-----
B |-----
G |-----9p7-9-----11p9-11-----/12--12--11~-----
D | -12p11-12-----
A |-----
E |-----

E |-----
B |-----12~-----12-12/14-
G |-----11-12-14~-----11-12-----11-----
D |-----12-----12-----12-----
A | -14-----14-----14-----
E |-----

E |-----
B | -15-15/17--15--14--12--14--14-----15-12~~-----
G |-----
D |-----
A |-----
E |-----

Primeira Parte 2x:

Bm G7M

E |-----

D |-----
A | -5-----7---9---7---5-----4-----9-----
E | -3-----5---7---5---3-----2-----7-----

A5 B5 C#5 B5 A5 (C C#)

E |-----
B |-----
G |-----
D |-----4---6---4---2-----
A | -7---2---4---2---0---3~---4~-----
E | -5-----

G5 A5 B5 A5 G5 F#5 B5 A5
Hold my breath as I wish for death
B5 C#5 B5 A5 (C C# D)

Oh please God, wake me

Primeira Ponte:

D5 G

E |-----
B |-----3-----0-0h3p0---0-----
G |-----2-0-----2-0-----4-----4-----
D | -0-----5-----
A |-----
E |-----

F

E |-----1-----
B | -0h3p0---0-----1-----1-----
G |-----4-----0-----0-----
D |-----2/3-----
A |-----
E |-----

Em

E |-----0-----
B |-----0-----0-----
G |-----0-----
D | -2-----
A |-----
E |-----

D5 G

E |-----
B |-----3-----0-0h3p0---0-----
G |-----2-0-----2-0-----4-----4-----
D | -0-----5-----
A |-----
E |-----

F

E |-----1-----
B | -0h3p0---0-----1-----1-----

```

G |-----4-----0-----0-----
D |-----2/3-----
A |-----
E |-----

```

Em

```

E |-----
B |----0----0-----
G |----0-----
D |-2-----
A |-----2/3-----
E |-----

```

(Segunda Parte - Igual a Primeira Parte)

```

Bm                G7M
Back in the womb it s much too real
Bm                G7M    D/A
In pumps life that I must feel
Bm                A6
But can t look forward to reveal
G7M                ( E5    F#5 )
Look to the time when I ll live
Bm                G7M
Fed through the tube that sticks in me
Bm                G7M    D/A
Just like a wartime novelty
Bm                A6
Tied to machines that make me be
G7M                ( E5    F#5 )
Cut this life off from me

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(Segundo Refrão - Igual ao Primeiro Refrão)

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G5    A5    B5    A5 G5 F#5    B5    A5
Hold my breath as I wish for death
B5    C#5    B5    A5    ( C    C#    D )
Oh please God, wake me
Segunda Ponte:

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(Guitarra 1 - 4x)

```

D5                G
E |-----
B |-----3-----0-0h3p0---0-----
G |----2--0----2--0----4-----4-----
D |-0-----5-----
A |-----
E |-----

```

F

```

E |-----1-----
B |-0h3p0---0-----1-----1-----

```

G |-----4-----0-----0-----
D |-----2/3-----
A |-----
E |-----

Em

E |-----0-----
B |----0----0----0-----
G |-----0-----
D | -2-----
A |-----
E |-----

(Guitarra 2)

E |-----
B | -10p7-7-7-10---10--8--7---7h8p7-----
G |-----9-----7~-----
D |-----
A |-----
E |-----

E | -7/10--8--7-----7h8p7-----
B |-----10-----8~-----
G |-----
D |-----
A |-----
E |-----

E | -17p14----14-17--17--15--14h15p14-----14-15-17-
B |-----15-----15--15-----
G |-----
D |-----
A |-----
E |-----

E | -19p17p15-19p17p15-19p17p15----15-----
B |-----19----17-19-15~-----
G |-----
D |-----
A |-----
E |-----

E |-----
B | --/8--8-8-8-7-----/13--13-13-13-12-----
G | --/7--7-7-7-7-----/12--12-12-12-12-----
D |-----
A |-----
E |-----

T T T T T T

E | -20p17p13-20p17p13-20p17p13-20p17p13-20p17p13-20---
B |-----
G |-----

P.M . . .

G5 A5 B5 A5 G5 F#5 B5 A5
Now the world is gone I m just one
B5 C#5 B5 A5 B5 C#5

Oh God, help me

G5 A5 B5 A5 G5 F#5 B5 A5
Hold my breath as I wish for death

B5 C#5 B5 A5 B5 C#5 G5 A5 B5 A5 G5 F#5 B5
Oh please God, help me

Interlúdio 1:

(Guitarra 1 - 4x)

```
E |-----  
B |-----  
G | -5~---4--5--7--7~-----4~---4--4---5~-----  
D |-----  
A | -3~---2--3--5--5~-----2~---2--2---3~-----  
E |-----
```

(Guitarra 2 - 2x)

```
E |-----  
B |-----  
G | -9~---7--9--11-12~-----  
D |-----9~---7--9-7-10~~-----  
A |-----  
E |-----
```

```
E |-----  
B |-----  
G | -9~---7--9--11-12~-----8~-----8-8-9-----  
D |-----9-----  
A |-----  
E |-----
```

Interlúdio 2:

Em D B5

```
E |-----  
B |-----  
G |-----  
D |-----5--7--5--4-0-4--5--4--4--4-4-4--  
A |-----7--9--7--5-0-5--5--5--2--2-2-2--  
E | -0--0-----0-----
```

P.M. . . .

C5

```
E |-----  
B |-----  
G |-----  
D |---4---5--5-5-5--5-----  
A |---2---3--3-3-3--3-----
```

E | -2---2-----3---3-----
P.M . . .

Em D B5

E | -----
B | -----
G | -----
D | -----5--7--5---4-0-4--5--4--4--4-4--
A | -----7--9--7---5-0-5--5--5--2--2-2-2--
E | -0--0-----0-----
P.M. . .

C5 Em

E | -----
B | -----
G | -----
D | ---4---5--5-5-5---5---5-----
A | ---2---3--3-3-3---3---7-----
E | -2---2-----3---3--0-----
P.M . . .

Terceira Parte:

E5

E | -----
B | -----
G | ----- (3x)
D | -----2-----2-----
A | -----2-----2-----
E | -0-0-0-0-0-0-0-----0-0-0-0-0-0-0-----
P.M

E5 (E5 F5)

E | -----
B | -----
G | ----- (5x)
D | -----2-----2-3-----
A | -----2-----2-3-----
E | -0-0-0-0-0-0-0-----0-0-0-0-0-0-0-----
P.M

Terceira Parte - Com Vocal 2x:

E5

E | -----
B | -----
G | -----
D | -----2-----2-----
A | -----2-----2-----
E | -0-0-0-0-0-0-0-----0-0-0-0-0-0-0-----
P.M

(E5 F5)

E | -----

B |-----
 G |-----
 D |-----2-----2-3-----
 A |-----2-----2-3-----
 E |-0-0-0-0-0-0-----0-0-0-0-0-0-----
 P.M

E5
 Darkness imprisoning me
 (E5 F5)
 All that I see, absolute horror
 E5
 I cannot live, I cannot die

Trapped in myself
 (E5 F5)
 Body my holding cell
 Riff - Passagem:

P.M
 E |-----
 B |-----
 G |-----
 D |-----
 A |-----7~-----7-8~-----
 E |-0-0-0-0-0-0-----0-0-0-0-0-0-----

P.M
 E |-----
 B |-----
 G |-----
 D |-----
 A |-----5~-----5-8~-----
 E |-0-0-0-0-0-0-----0-0-0-0-0-0-----

P.M
 E |-----
 B |-----
 G |-----
 D |-----
 A |-----7~-----7-8~-----
 E |-0-0-0-0-0-0-----0-0-0-0-0-0-----

P.M
 E |-----
 B |-----
 G |-----
 D |-----
 A |-----5~-----5-----
 E |-0-0-0-0-0-0-----0-0-0-0-0-0-----7~-----

(Terceira Parte - Com Vocal 2x)

T T T T
E | -19p15p12-19p15p12-19p15p12-19p15p12-----
B | -----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -20p15p12-20p15p12-20p15p12-20p15p12-----
B | -----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -20p15p12-20p15p12-20p15p12-20p15p12-----
B | -----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -----
B | -19p15p12-19p15p12-19p15p12-19p15p12-----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -----
B | -19p15p12-19p15p12-19p15p12-19p15p12-----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -----
B | -20p15p12-20p15p12-20p15p12-20p15p12-----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -----
B | -20p15p12-20p15p12-20p15p12-20p15p12-----
G | -----
D | -----
A | -----
E | -----
T T T T
E | -----
B | -17p13p10-17p13p10-17p13p10-17p13p10-----
G | -----

D|-----
A|-----
E|-----
T T T T
E|-----
B|-17p13p10-17p13p10-17p13p10-17p13p10-----
G|-----
D|-----
A|-----
E|-----
T T T T
E|-----
B|-18p13p10-18p13p10-18p13p10-18p13p10-----
G|-----
D|-----
A|-----
E|-----
T T T T
E|-----
B|-18p13p10-18p13p10-18p13p10-18p13p10-----
G|-----
D|-----
A|-----
E|-----
T T T T T T T T
E|-----
B|-17p12h14-17p12-17p10-17p12-17p10-17p8-17p10-17p8--
G|-----
D|-----
A|-----
E|-----
T T T T
E|-----
B|-17p7-17p8-17p7-17p5~~-----
G|-----
D|-----
A|-----
E|-----
E|-----14-14-14-15-15-15-17-17-17-
B|-/12-12-12-12-12-12-12-----
G|-----
D|-----
A|-----
E|-----
E|-----17-17-17-22b24--22b24--22b24~~-----
B|-15-15-15-----
G|-----
D|-----
A|-----
E|-----

E |-----15-17p15-----15h17p15-----
B |-/17-----19-15h17h19-----19-15h17h19-----
G |-----
D |-----
A |-----
E |-----

E | -15h17p15-----15h17p15-----
B |-----19-15h17h19-----19-15h17h19-----
G |-----
D |-----
A |-----
E |-----

E | -15h17p15-----15h17p15-----
B |-----19-15h17h19-----19-15h17h19-----
G |-----
D |-----
A |-----
E |-----

E | -19p15----19p15----19p15----19p15-----
B |-----15-----15-----15-----15-----
G |-----
D |-----
A |-----
E |-----

E | -19p15----19p15----19p15----19p15-----
B |-----15-----15-----15-----15-----
G |-----
D |-----
A |-----
E |-----

E |-----15-----15-----15-----15-18b20-15-----
B | -18b20----18b20----18b20----18b20-----
G |-----
D |-----
A |-----
E |-----

E |-----15-18b20-15-----15--19p17p15--17-----
B | -18b20-----18b20-----
G |-----
D |-----
A |-----
E |-----

E | -17p15p14-15-----
B |-----19p17p15-17--15h17p15p13-15-----
G |-----
D |-----

A |-----
E |-----

E |-----
B |-----
G |-----12h15p13p12-13--12h13p12----12-----
D |-----14----14-12-14p12----12--
A |-----14-----
E |-----

E |-----
B |-----
G |-----12-14b16--14b16--14b16--14b16--14b16~~~
D |-----14-----
A |-----
E |-----

E |-----
B |-----
G |-----b16r14p12----12----12-----
D |-----14----14----14-13-12-----
A |-----14-13-12-10~~-----
E |-----

P.M.

E |-----
B |-----15b16-----15b16-----15b16-----15b16---
G |-----15b16-----15b16-----15b16-----15b16---
D |-----17-17-----17-17-----17-17-----17-17-----
A |-----
E |-----

E |-----
B |-----17~~~17~~~15h17b15----15b16-----
G |-----17~~~17~~~15h17b15----15b16-----
D |-----17-----
A |-----
E |-----

P.M.

E |-----
B |-----15b16-----15b16-----17-15b16-----
G |-----15b16-----15b16-----17-15b16-----
D |-----17-17-----17-17-----17-17-----
A |-----
E |-----

E |-----15-----15-----15-----15-----15-----
B |-----18b20----18b20----18b20----18b20----18b20-----
G |-----
D |-----
A |-----
E |-----

B | -8-8-8-7b8r7---10-10-10-8b10r8---12-12-12-10-----
G | -----7-----9-----
D | -----
A | -----
E | -----

E | -----
B | -12p10p8-10--10p8p7-8--13p12p10-12--12p10p8-10-----
G | -----
D | -----
A | -----
E | -----

E | -----
B | -8-8-8-7b8r7---10-10-10-8b10r8---12-12-12-10-----
G | -----7-----9-----
D | -----
A | -----
E | -----

E | -----
B | -12p10p8-10--10p8p7-8--8p7p5-7--7p5p3-5-----
G | -----
D | -----
A | -----
E | -----

E | -----
B | -8-8-8-7b8r7---10-10-10-8b10r8---12-12-12-10-----
G | -----7-----9-----
D | -----
A | -----
E | -----

E | -----
B | -12p10p8-10--10p8p7-8--8p7p5-7-----
G | -----11p9p7-9--9p7p6-7--
D | -----
A | -----
E | -----

E | -----
B | -----
G | -7p6p4-6--6p4p2-4--4p2p0-2-----
D | -----
A | -----
E | -----

(Guitarra 2)

E | -----
B | -----
G | -9-9-9-7b9r7---11-11-11-9b11r9---12-12-12-11-----
D | -----9-----9-----

A |-----
E |-----

E |-----
B |-----
G | -12p11p9-11?11p9p7-9--9p7p6-7---7p6p4-6-----
D |-----
A |-----
E |-----

E |-----
B |-----
G | -9-9-9-7b9r7----11-11-11-9b11r9----12-12-12-11-----
D |-----9-----9-----
A |-----
E |-----

E |-----
B |-----
G | -12p11p9-11?11p9p7-9--14p12p11-12--12p11p9-11-----
D |-----
A |-----
E |-----

E |-----
B |-----
G | -9-9-9-7b9r7----11-11-11-9b11r9----12-12-12-11-----
D |-----9-----9-----
A |-----
E |-----

E |-----
B |-----
G | -12p11p9-11?11p9p7-9--9p7p6-7---7p6p4-6-----
D |-----
A |-----
E |-----

E |-----
B |-----
G | -9-9-9-7b9r7----11-11-11-9b11r9----12-12-12-11-----
D |-----9-----9-----
A |-----
E |-----

E |-----
B |-----
G | -12p11p9-11--11p9p7-9--9p7p6-7-----
D |-----12p11p9-11-----
A |-----
E |-----

E |-----

B | -----