

1 step forward, 3 steps back

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Capo 2do traste

Intro

**C**                    **C/G**                    **Fmaj7**  
e |-----|-----|-----|-----|-----|-----|-----|-----|-----|  
B |-----|-----|-----|-----|-----|-----|-----|-----|-----|  
G |-----0---0-----0---0-----|-----|-----|-----|-----|-----|  
D |-----|-----|-----|-----3-----|-----|-----|-----|-----|  
A |---3-----|-----|-----|-----|-----|-----|-----|-----|-----|  
E |-----|-----3-----|-----|-----|-----|-----|-----|-----|-----|

**C**                    **Fmaj7**  
Called you on the phone today  
   **C**                    **Fmaj7**  
Just to ask you how you were  
   **C**                    **Fmaj7**  
All I did was speak normally  
   **C**                    **Fmaj7**  
Somehow I still struck a nerve  
   **C**                    **Fmaj7**  
You got me fucked up in the head, boy  
   **C**                    **Fmaj7**  
Never doubted myself so much  
   **C**                    **Fmaj7**  
Like am I pretty, am I fun, boy  
   **C**                    **Fmaj7**  
I hate that I give you power over that kind of stuff  
  
   **C**                    **E**                    **Fmaj7**                    **C**  
Cuz it s always one step forward and three steps back  
   **C**                    **E**                    **Fmaj7**                    **C**  
I m the love of your life till I make you mad  
   **C**                    **E**                    **Fmaj7**  
It s always one step forward and three steps back  
   **C**                    **E**                    **Fmaj7**                    **C**  
Do you love me, want me, hate me, boy, I don t understand  
   **Fmaj7**                    **C**  
No, I don t understand  
  
**C**                    **Fmaj7**  
Maybe in some masochistic way  
**C**                    **Fmaj7**  
I kind of find it all exciting  
**C**                    **Fmaj7**                    **C**  
Lik?, which lover will I get today  
**C**                    **Fmaj7**  
Will you walk me to th? door or send me home crying

**C**            **E**            **Fmaj7**            **C**  
 It s one step forward and three steps back  
**C**            **E**            **Fmaj7**            **C**  
 I m the love of your life until I make you mad  
**C**            **E**            **Fmaj7**            **C**  
 Cuz it s always one step forward and three steps back  
**C**            **E**            **Fmaj7**            **C**  
 Do you love me, want me, hate me, boy, I don t understand  
**C**            **E**            **Fmaj7**            **C**  
 No it s back and forth did I say something wrong  
**C**            **E**            **Fmaj7**            **C**  
 It s back and forth going over everything I said  
**C**            **E**            **Fmaj7**            **C**  
 No it s back and forth did I say something wrong  
**C**            **E**            **Fmaj7**            **C**  
 It s back and forth maybe this is all your fault

**C**            **E**            **Fmaj7**            **C**  
 Instead it s one step forward and three steps back  
**C**            **E**            **Fmaj7**            **C**  
 And I d leave you, but the rollercoaster s all I ve ever had  
**C**            **E**            **Fmaj7**            **C**  
 Cuz it s always one step forward and three steps back  
**C**            **E**            **Fmaj7**            **C**  
 Do you love me, want me, hate me, boy, I don t understand  
**Fmaj7**            **C**  
 No, I don t understand