

Lost and Found

Written, programmed and performed by
Kilroy West & the Suicide Twins



House - 6am
Appreciate - 8am
Sooner than Later - 10am
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Mirage - 2pm
Half-empty - 4pm
Lucky - 6pm
Feeling Good - 8pm
Out On Bail - 10pm
Midnight - 12am
She Said - 2am
Easy Rock - 4am
Enough - 6am

House

Kilroy West

98 bpm - Gbm
Capo Gb
6am

- 4-bar Intro
- Verse 1

Kickin' shoes off silently
in a cold room with the lights low
Catchin' thoughts I take my hat,
throw it on the kitchen floor

The window's open halfway
and the clouds come rolling in like snow
It feels like smoke and sorrow
creeping in then out the door

- Chorus

Now the ceiling's falling down
and the walls are closing in
The chairs have broken legs
and the sunlight's gettin' thin

The picture's seen some better days
The attic's got an ache
I'll fill my space with distraction
So there's no room for mistake ..

- Chorus Bridge Break
- Ooo ooo ...

- Verse 2

I'll turn around to catch my shadow,
drawin' faces in the dark
Flashlight scanning footsteps
looking through the maker's mark

He's laughing and he's crying
but it all seems just about the same
He knows we're headed back
from the direction we just came

- Chorus
- Verse 3

There used to be a bench in the backyard by the shade
A place to close my eyes, where I knew she always stayed
Now the dream is gone along with everything she needs
All that's left behind is the dirt and the weeds ...

So I'm sitting on the stairway, lost in doubt ...
Half asleep and close to giving out ...
Her hand has got a grip around my heart ...
While the living room is getting torn apart ...

- Chorus

Appreciate

Kilroy West

150 bpm - E
Capo F#
8am

- 8-bar Intro
- Theme Verse 1

I appreciate each sunrise
While I'm counting down the days
Just another set of second chances
One more time the loser pays

- Verse 2

And mornings don't come easy
I drift further every night
Sleeping dreams turn out all wrong
Just shadows there to fight

- Break
- Verse 3

And the price for peace is simple
Hold out for what you need
Until she cuts your throat
just to see how fast you bleed

- Bridge Verse 4

I can't believe that I forgot
To lock the gate, chew the keys
Swallow my pride, split my jaw
And break both of my knees

Then running's not so easy
And talking's not a choice
Pretty hard to tell a lie
Once you ripped apart your voice

- Break
- Verse 5

So what's my next distraction?
This can't take me anymore
My logic has gone backward
Curled in pieces on the floor

- Bridge Verse 6

I know I had a thought
Back before my soul got caught
But I'll be damned ...
I can't remember ... still ...

- Theme Verse 7

But I appreciate each sunset
While I'm blinkin' out the moon
Whatever happens, God help it
hit fast & take me soon

Sooner than Later

Kilroy West

133 bpm - Bb
Capo G
10am

- 8-bar intro
- Verse 1

I occasionally feel a little crazy
but only when I'm sober too long
And I know that's when it's time to pour a drink
and think about when things went wrong

'Cause everybody starts together
with the people they know they need
but in the end, you walk the tunnel alone
and stumble through the life you lead

- Break
- Chorus A

But sooner than later, it'll all be clear
On the tip of a needle at the bottom of a beer -
that's how it's sold ...

Sooner than later, we've got nothing to hide,
just the way he looked that time she cried
when it was turnin' cold ...

- Verse 2

If I'm a little slow don't blame me
I don't have much speed to spare
and if you see yourself in my eyes tonight
that doesn't mean I'll bother to care

'Cause I'm pretty sure the time was wasted
Trying to make her understand
That this is a moment that I work to keep
Not something that I get to demand ...

- Break
- Chorus B

But sooner than later, it'll all be fine
wash my memories with a bottle of wine -
that's how it's told ...

and sooner than later, her choice gets made,
and you know you left when you wished you'd stayed
'cause you're getting old ...

- Theme Reprise Verse 3

And I occasionally feel a little numb
While I'm dreaming through my days
Locked inside some dark black circle
Where my vision of her smile stays ...

'Cause everybody starts together
with the people they know they need
but in the end, you walk the tunnel alone
and stumble through the life you lead ...

- Break Outro

Lost and Found

Kilroy West

80 bpm - F#m
Capo Ab
12pm

- 4-bar intro
- Theme Verse

Hey now, sit down
I gotta little story if you're still around
` Once lost, once found
Pullin' up roots from the underground

- Bridge 1/2 Break
- Verse 2

Lookin' for a sign, from God
Comin' up short with a, head nod
` Givin' over, given out
One real truth all wrapped in doubt

- Theme Riff Break
- Bridge Verse

` Sad stories, bright eyes
See so much trouble under smooth grey skies
It's when he laughs, and how she cries
while the soul gets cold and the fire dies

- Verse 3

` Sweet face, nice smile,
no love kept with time on trial
` cool words, warm touch
now step away before you feel too much

- Theme Riff Break
- Theme Verse x 2

Hey now, sit down
I gotta little story if you're still around
` Once lost, once found
Pullin' up roots from the underground

- Full Bridge Outro

Mirage

Kilroy West

80 bpm - G
Capo G
2pm

- 4-bar intro
- Verse 1

Hold out your hands and you know where she was
The last time you touched something real
Now you're chasing shadows, reaching through the dark
And not exactly sure how you feel

- Break A
- Verse 2

It could have been a memory
Maybe just my dreams
But if I could die to stay there
I'd keep it how it seems

- Break B
- Verse 3

Step toward the sun and you see where she was
But now the lines are blurring
There was some kind of secret in the look that she gave
Some kind of drug in the trouble she was stirring

- Break A
- Verse 4

I don't believe in ghosts
But I hear whispers in the breeze
and I won't trust in God
until I've fallen on my knees

- Break B
- Bridge Verse 5

I know I don't know much
Suspicious paper thin
I won't accept she's gone
until I follow where she's been

I know I don't know much
My disguise is wearing thin
I won't accept she's gone
so I follow where she's been

- Bridge Break B
- Verse 6

Yeah I hold out my hands, so I know where she was
That's the last time I touched something real
And I keep on chasing shadows, reaching through the dark
Never exactly sure how I feel ..

- Outro Break A, B

Half-empty

Kilroy West

118 bpm - E
Capo E
4pm

- 2-bar intro - Verse 1

I want the whole bottle
Not a sip or a glass
I need some space for my trouble
` To make the time pass

I want the whole bottle
not a shot or two
Cause I'm a little hollow
on this night without you

- Break - Verse 2

So take me to the bank
and drag me to the drug store
Load me into a machine gun
And shoot me at the floor

I want the whole bottle
Just drink it in ...
I need the whole bottle but I see
it's half-empty again ...

- Break - Verse 3

Baby this is the spotlight,
can you taste the heat? You pressed
in and out on my chest
I could feel your heart beat ...

- Bridge Verse 4

So shut the blinds
and drop the shades
No love for the sun
once you know how it fades

be my comfort
when I'm ready to slip ...
you're a good suggestion
and my favorite coin flip ...

- Break - Verse 5

I want the whole bottle
Just let it be
Let's keep it locked away (inside)
You and me

- Bridge Verse 6

So close the door
And whisper my name
This time spent waiting
is a poor man's shame ..

Just give me a sign
Your perfect look
That quick flash in your eyes --
was all it took ...

- Outro Chorus x 2

I want the whole bottle
Let's drink it in
I need the whole bottle but I see
it's half-empty again ...

Lucky

Kilroy West

75 bpm - F
Capo G - Drop D
6pm

- 4-bar Intro
- Verse 1

If I seem a little absent, don't assume the worst
Will you promise me a second, to say what happened first?
I don't mean any harm, if I come across as cold
I forgot some bit of patience when I started getting old

I'm never exactly right, on the fuzzy side of fine
You won't guess what's in my head, that space is only mine
And you don't belong

- Chorus

It won't matter what you think
It won't matter what you see
It won't matter how you were, or who you're gonna be
And that's not fair

It won't matter how you feel
Or the simple ways you try
It won't matter how you live, or when you say goodbye
if she doesn't care ...

- Break - Verse 2

I'm not a pleasure seeker, I haven't got the will
I'd rather get the rush, from the crush of a thoughtless thrill
That way I know what's going on, I can hold my anger in
I can find the headphone silence, close my eyes and pull the pin

I'm never all that serious, on the sinister side of up to no good
Standin' tall in clothes that don't match, looking like an honest man should

- Bridge

'Cause I'm that lucky
Yeah, I'm that lucky ...

- Break - Chorus

It won't matter what you do
It won't matter who you know
It won't matter why you left, or where you're gonna go
You don't fit

It won't matter that you hurt
Or how much you deny
It won't matter when you lost yourself, to keep her nearby
You should just quit

- Bridge

'Cause you're that lucky
'Cause I'm that lucky
'Cause we're that lucky ...

Feeling Good

Kilroy West

125 bpm - C

Capo E

8pm

- 8-bar Intro
- Theme Verse 1A

I'm not set on feeling good,
I'd rather just be understood
Convince me that the truth is better told

Eyes can change from red to green,
hit every color in between
I'm not buying in to what you've sold

- Theme Verse 1B

There's too much talk and a lot of noise,
a few careless girls with some hungry boys
But everybody looks the same in the dark

This is not about self-esteem,
the half-hearted promise in a liar's dream
So kiss the fools and be sure to leave your mark

- Break
- Verse 2

She whispered sweetly that she was mine
then walked me to the back of the line
and said that she'd be waiting when I made it to the end ..

Now I've been here, ever since,
Lost my teeth and fingerprints,
But kept the thought that something better is waiting around the bend

- Break
- Theme Reprise Verse 3A

I'm not set on feeling good,
I'd rather just be understood
Convince me that the truth is better told

'Cause eyes can change from red to green,
hit every color in between
and I'm not buying in to what you've sold

- Theme Verse 3B

There's too much talk and a lot of noise,
a few silly girls with some angry boys
But everybody looks the same in the dark

and this is not about self-esteem,
or the broken promise of an endless dream
So kiss the fools and be sure to leave your mark

Be sure to leave your mark.

Out on Bail

Kilroy West

127 bpm - F#m
Capo F#
10pm

- 8-bar intro
- Theme Verse 1

When you lose, then I lose
But we don't care, 'cause it's too late anyway

When you shout, I disappear,
Fade away to where it's quiet here

I'm all curled up got a pocket full of loose change
Blue eyes big smile whispering at close range
` Tellin' secrets, and givin' you a spin
That's the end. Now where to begin?

Well.

- Short Break
- Verse 2

To keep my cool I've gone insane
Now I'm burning in the sunshine, and drowning in the rain
I fell a half step, and landed on my face;
A long dark drop, for my resting place

- Medium Break
- Verse 3

Well, it's a riot out there and a circus in here
Blood and guts and pain and fear
But the cartoon cats will keep me calm
'Til the red lights flash and they drop the bomb

- Short Break

Now I'm all strung out got a pocket full of rage
Red eyes grit teeth bitin' at the cage
Get out of my house, step away from the stage
This is not your chapter, get off my page

- Bridge Break
- Verse 4

Now I'm waiting for the bus, and here comes the train
I'm broke in the confusion, and slidin' down the drain
It's a panic attack, a tragic fail
She locked up my soul –
But now we're out on bail ...

- Theme Reprise

And when you lose, then I lose
Until we don't care, 'cause it's too late anyway

When you shout, I disappear,
Fade away to where it's quiet here

I'm all curled up got a pocket full of loose change
Blue eyes big smile whispering at close range
` Tellin' secrets, and givin' you a spin
That's the end. Now where to begin?

Well.

- Outro

Midnight

Kilroy West

93 bpm - C
Capo G
12am

- 4-bar intro
- Verse 1

Right around midnight ...
when the world turns inside out
and things get blurry

Right around midnight
I forget what I knew about
and start to worry

If I thought the day was bad,
I lost my sight
She told me we were wrong
and she was right

- Verse 2

If I said that I'd be safe
It was a lie
Chained to guilty doubts
while time goes by

There's a hurricane
creeping through my mind
With the sound of laughter
closing in behind ...

- Minor Bridge

Erase this weight, my tired shoulders
need a rest
And tell my friends, who never cared,
I did my best

- Verse 3

Right around midnight ...
Her voice is on my mind
and what she said

Right around midnight
the words that turned my heart
from black to red

If I thought the sun was bad,
it's gone away,
like a lonely stranger
begging you to stay

- Verse 4

If I said that I'd be here
then I was wrong
'Cause I didn't know you thought
that was too long

I've got some static
washing out my mind
And the sound of shouting
is closing in behind ...

- Minor Bridge Outro x 2.5

Erase this breath, my tired eyes
need more rest
And tell my friends, who never cared,
I did my best ...

She Said

Kilroy West

185 bpm - Bb

Capo F

2am

- 8-bar intro
- Verse 1A + B

She looked at me from across the room,
eyes like knives that have seen too much
little black dress and legs like the stem
of a rose you should never touch

She walked on over like a devil in the clouds
and took my hand to hold it
leaned in close to speak her mind
until she bought me a reason, then sold it

- Chorus A

Show me, she said
That you know me, she said
Kiss me, and you'll be mine

Feel me, she said
to heal me, she said
Impress me, you'll do just fine

- Verse 2

She danced away and took me along
Tipped a smile then dropped us down
where I got caught in the sound of silence
for one last breath 'til we hit the drown

Then I slipped into a drift --
Found her voice and buried my own
Lost empty hours in quiet days
but I never had to be alone ..

- Chorus B

I can show you, she said
that I know you, she said
I can kiss you, and you'll be mine

I can feel you, she said
and heal you, she said
I'll press against you 'til you walk the line

- Bridge

And then there was nothing
No reflection in the dark
No mirrors in the dirt
No history or mark

- Verse 3

You can check around, just an empty chair
a dusty ash tray, and a beat-down stare
that starts with me and ends with all those
things I can't remember ...

- Break

- Verse 4

Now no one's going to take away
my comforts and my doubt
I've got no use for listening
I don't care what you think about (since)

- Verse 1B, Chorus A, B

Easy Rock

Kilroy West

103 bpm - B
Capo E
4am

- 4-bar Intro
- Verse 1

I can clear anything up
Just give me a chance to talk
I can make it to wherever you want
I just turn that direction and walk

- Prechorus

And I don't need to know where I'm going
I've got no thoughts of where I've been
I just left behind a brand new moment
But now here it is again

- Chorus

' I sent a thousand simple ideas
' to a million busy souls
I don't move too far from their silent answers
'Cause that's how the easy rock rolls
That's how the easy rock rolls ...

- Break

- Verse 2

Everything makes perfect sense
Everyone is always right
There's no good excuse for bad questions
No reasons left to fight ...

- Prechorus 2

And I don't need to know what I'm doing
I've got no thoughts of what I've said
I gave up trying to remember the plan I had
Now I'm drawing a blank instead

- Bridge

' You could have seen a whole other side of me
' But instead the door clicked closed
One part here, another part there

That's how the story goes ...
That's how the story goes ...

- Chorus

' I sent a single simple idea
' To a listless, busy soul
I don't move too far from her silent answer
'Cause that's how the easy rock rolls ...
That's how the easy rock rolls ...

- Outro

Enough

Kilroy West

165 bpm - Ab
Capo F
6am

- 8-bar Intro

- Verse 1

If I live long enough, it'll all be worth it
' This time spent wringin' out, the excuses why
Slow indecisions put me in an awkward position
But it's fine now, so baby don't cry -

- Chorus 1

and if I wake up every day, make a little promise and try to stay
inside the lines that keep me bound to find my way.
and if I go to sleep at night, say a little prayer to hold you tight
outside the rules that moved us, from wrong to right.

- Bridge Chorus

If I live long enough, I'll see some better days
Sweet sunshine peeking out from behind the haze

- Instrumental Bridge Break

- Verse 2

If I open up my eyes, take a little breath before I rise
Let the memory surround me before it dies
If I stand up straight and tall, get a little kick before I fall
Give me a chance to read the writing on the wall

- Verse 3

And if I live long enough, I'll be a millionaire
Big bright smile like I've got any reason to care
Caught up with love; these thoughts to break
and a bottle of whiskey instead of a birthday cake

- Chorus 2

If I wake up every day, make a little promise and try to stay
inside the lines that keep me bound to find my way.
If I go to sleep at night, say a little prayer to hold you tight
outside the rules that moved us, from wrong to right.

- Bridge Chorus

If I live long enough, I know I'll see some better days
Sweet sunshine peeking out from behind the haze

If I live long enough ... better days ..
Sweet sunshine peeking out from behind the haze

- Outro