

# 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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She Said - 2am  
Easy Rock - 4am  
Enough - 6am

# House

*Kilroy West*

98 bpm - Gbm

Capo Gb

6am

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- 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*

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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*

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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*

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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

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- 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

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- 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

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- 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*

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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*

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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

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- 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*

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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

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- 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