



Fill in the gaps

Helena Beat by Foster The People

Sometimes life it takes you by the hand
It puts you (1)_____ before you know it
It's gone and you're dead again
I've (2)_____ in places and I won't pretend
That I make it I just follow my head
When its strange to take a walk downstairs
Sweep you all up on a corner and pay for my bread
You know that I (3)_____ believe my own truth
To show what a truth, got nothin' to lose
Yeah yeah and it's okay
I tie my hands up to a (4)_____ so I don't fall that way
Yeah yeah and I'm alright
I took a sip of something poison but I'll hold on tight
You know (5)_____ days when you wanted to choose
To not get out of bed and get lost in your head again
You play the game but you gotta cut
'Cause you're coming down hard your joints are off stud
I (6)_____ to say that's not the only way
I never knew if I could convince (7)_____ to change
You were pacing I was insecure
Slip and fall I got the call of the prison I was living in

Yeah yeah and it's okay
I tie my hands up to a chair so I don't fall that way
Yeah yeah and I'm alright
I took a sip of something poison but I'll hold on tight
Yeah yeah and it's okay
I tie my hands up to a chair so I don't fall that way
Yeah yeah and I'm alright
I took a sip of something poison
A sip of something poison...
Yeah yeah and it's okay
I tie my (8)_____ up to a chair so I don't fall that way
Yeah yeah and I'm alright
I took a sip of something poison but I'll hold on tight
Yeah yeah and it's okay
I tie my (9)_____ up to a chair so I don't fall that way
Yeah yeah and I'm alright
I took a sip of something poison
A sip of something poison...



Fill in the gaps

Answer

1. down
2. been
3. cannot
4. chair
5. those
6. tried
7. myself
8. hands
9. hands