Hooves and Heroes

November 9, 2026



Hooves and Heroes

Lyrics by Cindy Olejar

Boots on the ground
Helping to keep all sound

Responding, supporting, serving
Heavy on the heart observing

Stories abound
Energy drains down

Trust funnels
Visions tunnel
Safety wilts
Walls built

Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm

Boots on the ground
Helping to keep all sound

Fighting, freezing, fleeing
Heavy on the heart fast breathing

Lost and bound
Hooves help ground

Saluting a horse
Mirrors the force
Finding calm
Heart in the palm
In 2 3 4 Out 2 3 4
Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh
Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh
In 2 3 4 Out 2 3 4
Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh
Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

Saddling the horse
Grooming the course

Feeling, communcating, relating
Soft on the heart connecting

Facing the mirror
Shedding fears
Lightness on the reins
Releasing pain

Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm
Hm, mmm, mmm, mmm

Surrendering the shield
Opening the playing field
In 2 3 4 Out 2 3 4
Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

In 2 3 4 Out 2 3 4

Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

In 2 3 4 Out 2 3 4

Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

Ahhhh, ahhhh, ahhhh, ahhhhhhhhhh

In 2 3 4 Out 2 3 4

Mmmmm, mmmmm, mmmmmmmm, mmmmmm

MMmmm, mmmmm, mmmmmmmm, mmmmmm

In 2 3 4 Out 2 3 4

Mmmmm, mmmmm, mmmmmmmm, mmmmmm

MMmmm, mmmmm, mmmmmmmm, mmmmmm