

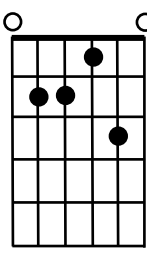
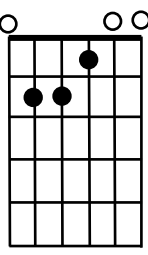
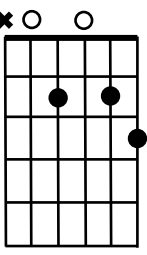
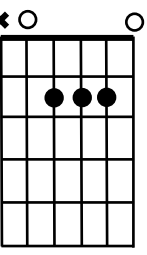
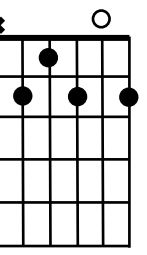
# One Foot

**Background:** The phrase seemed to work. It's not really autobiographical though. There are several arrangements too this song that work including a Blues version and a Rock and Roll version. **Written:** 2023

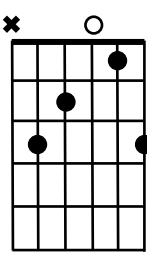
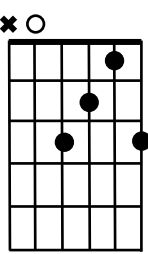
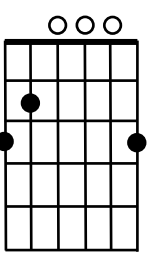
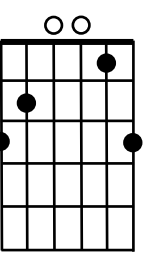
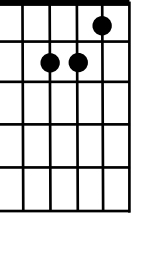
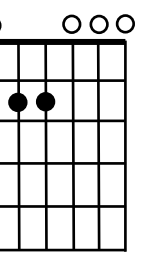
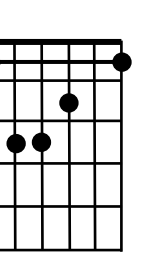
Arr.	Key	Time	Tuning	Tempo	Style	Capo
1	E	4/4	Standard	120	Blues	None
2	C	4/4	Standard	145	Rock and Roll	None

Arrangement	1	2
<b>Verse</b>	E E E E A A E E B7 A E E	Cmaj Fadd9 Cmaj G Gadd11 x2 Am G Am G
<b>Chorus</b>	A A E E A A E E B7 A E E B7 A E E	Cmaj Fadd9 Cmaj G Gadd11 x2 Am G Am G Cmaj Fadd9 Cmaj G Gadd11
<b>Bridge</b>		Am Em F C G

## Chords Used in this Song for Arrangement 1 (Skip the Bridge)

E7	E	A7	A	B7
				

## Chords Used in this Song for Arrangement 2

Cmaj	Fadd9	G	Gadd11	x0Am0	Em	F
						

# One Foot

## Arrangement 1 – Rock and Roll

### Verse

#### Cmaj

I came in this world a breach

**Fadd9 Cmaj G Gadd11**

Backward from the start

#### Cmaj

Landed on my feet

**Fadd9 Cmaj G Gadd11**

Born street smart

**Am** **G**

I was born upside down

**Am** **G**

But hit with one foot on the ground

### Verse

#### Cmaj

I've never really been home

**Fadd9 Cmaj G Gadd11**

Always on the move

#### Cmaj

Always like to roam

**Fadd9 Cmaj G Gadd11**

Always something to prove

**Am** **G**

When I was home before

**Am** **G**

I always had one foot out the door

### Chorus

#### Cmaj

I've got one foot

**Fadd9 Cmaj G Gadd11**

One foot out the door

#### Cmaj

One foot

**Fadd9 Cmaj G Gadd11**

One foot out the door

**Am** **G**  
This life shakes you to the core  
**Am** **G**  
Until you can't take it anymore  
**Cmaj**  
I've got one foot  
**Fadd9 Cmaj G Gadd11**  
One foot out the door

### Verse

#### Cmaj

I never wanted a thing  
**Fadd9 Cmaj G Gadd11**

Didn't want any debts

#### Cmaj

Didn't need any favors  
**Fadd9 Cmaj G Gadd11**

Didn't want any regrets

**Am** **G**

Independent to the core

**Am** **G**

Always had one foot on the floor

### Verse

#### Cmaj

No one could hold me down  
**Fadd9 Cmaj G Gadd11**

Always on the attack

#### Cmaj

Never broke but look close  
**Fadd9 Cmaj G Gadd11**

You'll see the cracks

**Am** **G**

I came in the front door fast

**Am** **G**

With one foot out the back

### Chorus

#### Cmaj

I've got one foot

**Fadd9 Cmaj G Gadd11**

One foot out the back

**Cmaj**

One foot

**Fadd9 Cmaj G Gadd11**

One foot out the back

**Am** **G**

Living life like a heart attack

**Am** **G**

Better now before it all turns black

**Cmaj**

When you got one foot

**Fadd9 Cmaj G Gadd11**

One foot out the back

**Bridge**

**Am**

Never wanted to need

**Em**

Never wanted to get hurt

**G**

Never needed to want

**F**

Never needed support

**Verse**

**Cmaj**

I've never felt so alive

**Fadd9 Cmaj G Gadd11**

Like a breaking wave

**Cmaj**

Never felt so satisfied

**Fadd9 Cmaj G Gadd11**

Still so much I crave

**Am** **G**

It's easy to feel brave

**Am** **G**

When you've got one foot in the grave

**Chorus**

**Cmaj**

I've got one foot

**Fadd9 Cmaj G Gadd11**

One foot in the grave

**Cmaj**

One foot

**Fadd9 Cmaj G Gadd11**

One foot in the grave

**Am G**

This life seems so depraved

**Am G**

I hope my soul is saved

**Cmaj**

Cuz I've got one foot

**Fadd9 Cmaj G Gadd11**

One foot in the grave

**Cmaj**

One foot

**Fadd9 Cmaj G Gadd11**

One foot in the grave

**Cmaj**

One foot

**Fadd9 Cmaj G Gadd11**

One foot in the grave

# One Foot

## Arrangement 1 – Rock and Roll

### Verse

I came in this world a breach  
Backward from the start  
Landed on my feet  
Born street smart  
I was born upside down  
But hit with one foot on the ground

### Verse

I've never really been home  
Always on the move  
Always like to roam  
Always something to prove  
When I was home before  
I always had one foot out the door

### Chorus

I've got one foot  
One foot out the door  
One foot  
One foot out the door  
Life shakes you to the core  
Until you can't take it anymore  
I've got one foot  
One foot out the door

### Verse

I never wanted a thing  
Didn't want any debts  
Didn't need any favors  
Didn't want regrets  
Independent to the core  
Always had one foot on the floor

### Verse

No one could hold me down  
Always on the attack

Never broke but look close  
You'll see the cracks  
I came in the front door fast  
With one foot out the back

### **Chorus**

I've got one foot  
One foot out the back  
One foot  
One foot out the back  
Living life like a heart attack  
Better now before it all turns black  
When you got one foot  
One foot out the back

### **Bridge**

Never wanted to need  
Never wanted to get hurt  
Never needed to want  
Never needed support

### **Verse**

Never felt so alive  
Like a breaking wave  
Never felt satisfied  
Still so much I crave  
It's easy to feel brave  
When you've got one foot in the grave

### **Chorus**

I've got one foot  
One foot in the grave  
One foot  
One foot in the grave  
This life seems so depraved  
I hope my soul is saved  
Cuz I've got one foot  
One foot in the grave  
One foot  
One foot in the grave (repeat)

# One Foot

## Arrangement 1 – Rock and Roll

<p><b>Verse:</b> Cmaj Fadd9 Cmaj G Gadd11 x2 Am G Am G</p>	<p><b>Chorus:</b> Cmaj Fadd9 Cmaj G Gadd11 x2 Am G Am G Cmaj Fadd9 Cmaj G Gadd11</p>	<p><b>Bridge:</b> Am Em F C G</p>
<p><b>Verse</b> I came in this world a breach Backward from the start Landed on my feet Born street smart I was born upside down But hit with one foot on the ground</p>	<p><b>Verse</b> I never wanted a thing Didn't want any debts Didn't need any favors Didn't want regrets Independent to the core Always had one foot on the floor</p>	<p><b>Verse</b> Never felt so alive Like a breaking wave Never felt satisfied Still so much I crave It's easy to feel brave When you've got one foot in the grave</p>
<p><b>Verse</b> I've never really been home Always on the move Always like to roam Always something to prove When I was home before I always had one foot out the door</p>	<p><b>Verse</b> No one could hold me down Always on the attack Never broke but look close You'll see the cracks I came in the front door fast With one foot out the back</p>	<p><b>Chorus</b> I've got one foot One foot in the grave One foot One foot in the grave This life seems so depraved I hope my soul is saved Cuz I've got one foot One foot in the grave One foot One foot in the grave One foot One foot in the grave</p>
<p><b>Chorus</b> I've got one foot One foot out the door One foot One foot out the door Life shakes you to the core Until you can't take it anymore I've got one foot One foot out the door</p>	<p><b>Chorus</b> I've got one foot One foot out the back One foot One foot out the back Living life like a heart attack Better now before it all turns black When you got one foot One foot out the back</p>	<p><b>Bridge</b> Never wanted to need Never wanted to get hurt Never needed to want Never needed support</p>