

# Moving Backwards

[Atb](#)

[\*\*feat. Kate Louise Smith\*\*]

My head is full of empty phrases and the noise I've never heard  
Is it that I'm feeling sorry for the things I do regret  
You said we'd better be moving slowly and it's time to take a rest  
Just be aware of who we are and turn back time instead  
We're moving backwards into a life we had before  
Appreciate forever more  
We're moving backwards and lead a life we had before  
And know the simple things that we used to ignore  
Moving backwards, moving backwards ... moving  
In the wake of indecision reality can be unkind  
Some they lead and some they follow or is it blind leading blind  
So, we'd better be looking backwards and it's time to take a view  
At the promise of tomorrow we can start anew  
We're moving backwards into a life we had before  
Appreciate forever more  
We're moving backwards and lead a life we had before  
And know the simple things that we used to ignore  
Moving backwards, moving backwards ... moving

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