Let It Out

[Switchfoot](#)

Keep, keep, keep
Keep pushing this higher, oh
I've been living uptight
(Take it easy right now)
Like a moth to the fire, oh
Like I'm losing this fight
(Take it easy right now)From the day we're born
We are scarred and torn
We've been scared to sing out loudBut we don't care no more
'Cause we know life is short
We don't care who hears us now
Breathe it in and let it out, ohLet it out, oh
(Breathe it in and) let it out, oh
Let it out, ohGot, got, got
Got me walking on a wire, oh
Got me shaking at night
(Take it easy right now)
When my soul gets tired, oh
Feel like I'm losing that fight
(Take it easy right now)From the day we're born
We are scarred and torn
We've been scared to sing out loudBut we don't care no more
'Cause we know life is short
We don't care who hears us now
Breathe it in and let it out, ohLet it out, oh
(Breathe it in and) let it out, oh
Let it out, ohYeah, come on, let it outAre you holding on?
Are you up against those ropes?
'Cause I know how it feels to lose hope
Are you holding in?
Well come on, let it out, oh (take it easy)Take a breath and let it out
(Take a breath and let it out)From the day we're born
We are scarred and torn
We've been scared to sing out loudBut we don't care no more
'Cause we know life is short
We don't care who hears us now
Breathe it in and let it outLet it out, oh
Let it out, oh
Yeah, c'mon, let it out,

Let it out, oh
Let it out, ohBreathe it in and let it out, oh
Oh, oh, oh

Lyrics provided by