

Say It Out Loud

Nicola Roberts

How many tears can you count on your fingers?
How many diets can you do to get thinner?
How many wishes can you make while you're praying?
How many times have you heard them all saying Hush little babe, don't overreact
Keep it all in and hold it all back
Hush little darling, time to save face
Give it some time, go down with some grace? All across the nation
Put your hand up if you're faking
Say it out loud
Woah Cause the only medication
For a heart that knows it's breaking
Is to get it out now
Say it out loud, woah When was the last time that you could be honest?
Do you feel bad now you broken your promise?
How many times do you say you're gonna leave him?
You beat yourself up, cause all you keep hearing Hush little babe, don't overreact
Keep it all in and hold it all back
Hush little darling, time to save face
Give it some time, go down with some grace All across the nation
Put your hand up if you're faking
Say it out loud
Woah Cause the only medication
For a heart that knows it's breaking
Is to get it out now
Say it out loud, woah Let's take a minute
Make it stop, let me off
Make the beat drop, strip it all back
Till it's pitch black, where the stars fall Take a minute
Drop me off, back to the start
Start of my heart, feel it in my bones
I'm feeling right at home, say it out loud All across the nation
Put your hand up if you're faking
Say it out loud
Woah Cause the only medication
For a heart that knows it's breaking
Is to get it out now
Say it out loud, woah

Songwriters

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