

COLD MARROW



TRAPPED IN THIS LIFE

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Trapped in This Life

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All songs written & produced by Joe Micheal Coker for Night Order Media.
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Back Again

INTRO

[Clean moody guitar]

[Low bass swell]

[Light cymbal wash]

[Band enters]

VERSE 1 - LEAD VOCAL

I came home late, you were nowhere around
Just your picture hanging there and the TV sound
I already knew before I asked your name
Where you'd been, why you'd changed

And I hate that I still know the way you breathe
The way you shake when you're lying next to me
I should've left when I saw the truth
But I was still in love with you

PRE-CHORUS - HARMONY ENTERS

I gave you more
Than I had to give
And you took it all
Like that's just how I live

CHORUS - FULL DUAL HARMONY

Back again
There I am
Holding on to something I don't understand
Back again

Breaks me in two
Every time I think I'm gone, I go back to you
Back again
Kills me slow
Loving you was all I knew to hold
Back again
I let you win
Every time I think I'm done, I'm back again

VERSE 2 - LEAD VOCAL

Angela, you looked me in the eyes and swore
There was nothing there, nothing more
While I was holding on with everything I had
You were already giving it away like that

And you only came back when the nights got long
When he was gone and things went wrong
You knew I'd open up that door
'Cause I loved you more than I loved myself before

PRE-CHORUS - HARMONY ENTERS

I should've known
What you would do
But love will make a fool
Out of the truth

CHORUS - FULL DUAL HARMONY

Back again
There I am
Holding on to something I don't understand
Back again
Breaks me in two

Every time I think I'm gone, I go back to you
Back again
Kills me slow
Loving you was all I knew to hold
Back again
I let you win
Every time I think I'm done, I'm back again

BRIDGE - HEAVY STACKED HARMONIES

I wasn't playing
I wasn't halfway in
I gave you all of me
Again and again

And maybe that's on me
Maybe I knew
But I kept believing
There was something true

GUITAR SOLO

[Melodic lead guitar]
[Wide harmony bed]

FINAL CHORUS - FULL DUAL HARMONY, WIDER HARMONY LAYER

Back again
There I am
Holding on to something I don't understand
Back again
Breaks me in two
Every time I think I'm gone, I go back to you
Back again
Kills me slow

Loving you was all I knew to hold
Back again
I let you win
Every time I think I'm done, I'm back again

OUTRO - LEAD VOCAL + HIGH HARMONY

Breathe Through the Fire

INTRO - DROP D HEAVY RIFF, DRUMS ENTER AFTER 4 BARS

VERSE 1

I was born with a crack in the mirror
And a name I could never defend
Had a mouth full of smoke and thunder
Had a heart that refused to bend

VERSE 1 CONTINUED

I've been crawling through the static
With a wire wrapped around my throat
Every truth that they sold me
Was a stone just painted gold

PRE-CHORUS

I keep my hands on the wheel
But the road keeps moving
I keep my eyes on the sun
But the sky keeps bruising

CHORUS

Teach me how to breathe through the fire
How to stand when the whole world shakes
I've been running on blood and wire
I've been bending but I won't break

CHORUS CONTINUED

Give me something stronger than anger
Give me something louder than pain
If I'm buried under this thunder
I'll rise up screaming my name

POST-CHORUS

Breathe through the fire
Breathe through the fire

VERSE 2

There's a ghost in the gasoline
There's a saint in the dirt somewhere
I keep hearing the engine calling
Like a prayer with a broken snare

VERSE 2 CONTINUED

I've been chained to a dead horizon
I've been fed by a hollow light
But there's a war drum in my ribcage
And it won't let me sleep tonight

PRE-CHORUS

I keep my hands on the wheel
But the road keeps moving
I keep my eyes on the sun
But the sky keeps bruising

CHORUS

Teach me how to breathe through the fire
How to stand when the whole world shakes

I've been running on blood and wire
I've been bending but I won't break

CHORUS CONTINUED

Give me something stronger than anger
Give me something louder than pain
If I'm buried under this thunder
I'll rise up screaming my name

BRIDGE - STRIPPED DOWN BASS AND DRUMS

I don't need a savior made of neon
I don't need a crown of rust
I just need one living reason
To crawl back out of the dust

BUILD - GUITAR FEEDBACK RISING

Out of the dust
Out of the dust
Out of the dust
I'm not done

GUITAR SOLO - WAH-TINGED BLUES-ROCK PHRASING

FINAL CHORUS - BIGGER VOCAL, HIGH HARMONY ON LAST LINES

Teach me how to breathe through the fire
How to stand when the whole world shakes
I've been running on blood and wire
I've been bending but I won't break

FINAL CHORUS CONTINUED

Give me something stronger than anger
Give me something louder than pain
If I'm buried under this thunder
I'll rise up screaming my name

OUTRO - MAIN RIFF REPEATS, DRUMS HIT HARD, ABRUPT ENDING

Everywhere I Turn

INTRO - FILTHY BENT-NOTE RIFF, BASS GLUED TO GUITAR,
DRUMS DRAGGING BEHIND THE BEAT

[Lead Vocal - low, dry, disgusted]

[Harmony - distant, ghosted on last words]

VERSE 1

Everybody's dipped in chrome
Painted up, but there's nothin' home
Velvet tongues and mannequin skin
Shine out loud while they cave within

Mercy's gone where the money stays
Love gets chewed in a hundred ways
Everybody wants the perfect high
Nobody wants what survives the lie

PRE-CHORUS - GUITARS OPEN UP, HARMONY RISES
UNDERNEATH

I keep diggin' through the polished waste
Tryin' to find somethin' not replaced

CHORUS - WIDER, NASTY HARMONY STACK

Fake, fake, everywhere I turn
Love gets buried, lies still burn
Real enough to cut me deep
Never enough for them to keep

Fake, fake, every hand I hold
Turns to glitter, dust, and gold

I still crawl through all this hate
Lookin' for a love that ain't fake

VERSE 2 - SAME RIFF, VOCAL MORE AGITATED

Every kiss got a wire inside
Every vow got a place to hide
Smile for blood, touch for show
Gone by dawn when the lights get low

Cheap salvation, rented souls
Everybody fillin' empty roles
Dress it up in a sinner's grace
Still the same dead look on every face

PRE-CHORUS - THICKER HARMONY, MORE TENSION

I keep scrapin' through the shine and stain
Tryin' to find one thing that don't decay

CHORUS - HARDER ATTACK, DOUBLED LEAD VOCAL

Fake, fake, everywhere I turn
Love gets buried, lies still burn
Real enough to cut me deep
Never enough for them to keep

Fake, fake, every hand I hold
Turns to glitter, dust, and gold
I still crawl through all this hate
Lookin' for a love that ain't fake

BRIDGE - HALF-TIME, EERIE, HUNG OPEN CHORDS

Maybe I'm sick
Still reachin' in the dark

For a pulse
Inside these paper hearts
Maybe I'm blind
Still starin' through the glaze
At a graveyard
Covered up in pretty paint

HARMONY LAYER - HAUNTED, OVERLAPPING

All bought out
All sold down
All dressed up
All dead now

BREAK - RIFF ONLY, VOCAL AD-LIB

LEAD AD-LIB

Where's the blood in it?
Where's the truth in it?
Where's the one that don't run?

FINAL CHORUS - BIGGEST HARMONY STACK, DRAG THE LAST LINE

Fake, fake, everywhere I turn
Love gets buried, lies still burn
Real enough to cut me deep
Never enough for them to keep

Fake, fake, every hand I hold
Turns to glitter, dust, and gold
I still crawl through all this hate
Lookin' for a love that ain't fake

OUTRO - RIFF COLLAPSES, REPEATED VOCAL PHRASE

Fake... fake...
Everywhere I turn
Still lookin'
Still burnin'

Help Me

INTRO - BENT GUITAR FIGURE, FEEDBACK SWELL, BASS ENTERS LOW

VERSE 1 - LEAD VOCAL, LOW AND HAUNTED

I wore out the night tryin' to kill the silence
Lit another flame just to watch it die
Filled up every room with noise and strangers
Still woke up empty every time

I kept tellin' myself the next thing would fix me
One more shot at somethin' I could hold
But every little high just left me colder
And every road went dark and cold

PRE-CHORUS - DRUMS PUSH HARDER, TENSION RISING

Now the morning hits like judgment
And the mirror knows the truth
I been draggin' all this damage
Like there's somethin' left to lose

CHORUS - FULL BAND OPENS UP, HARMONY ADDED

Help me
Nothing fills this hole
Help me
Nothing makes me whole

VERSE 2 - MORE EXPOSED, MORE BITTER

I chased cheap peace through dead-end pleasure

Built my life out of smoke and shame
Dressed up the ache with a hundred distractions
But they all bled through the same

Now I'm starin' at the wreckage
Of the man I let me be
Every hand I reached for faded
And none of it set me free

PRE-CHORUS - STRONGER LIFT, MORE STRAIN

Now the daylight feels like judgment
And the years fall through my hands
I got nothin' left but the truth now
And I barely understand

CHORUS - MORE DESPERATE, HEAVIER HARMONY

Help me
Nothing fills this hole
Help me
Nothing makes me whole

BRIDGE - STRIPPED EERIE SECTION, BASS AND LIGHT GUITAR TEXTURE, GHOST HARMONY

All this time I chased the wind
Held the ashes, called it hope
Built my altar out of ruin
Now I'm hangin' by a rope

If there's anything left beneath me
If there's somethin' still alive
I ain't askin' for redemption
Just a reason to survive

FINAL CHORUS - BIGGEST EMOTIONAL HIT, DOUBLED VOCAL

Help me
Nothing fills this hole
Help me
Nothing makes me whole
Help me
Nothing fills this hole
Help me
I'm still alone

OUTRO - FEEDBACK, BENT PHRASE REPEATS, UNRESOLVED
ENDING

Nailed Shut

INTRO - LOW, BREATHY

Still breathing
Still buried
Still here

VERSE 1

I'm nailed inside this crate, lungs full of rust
Eyes stitched wide, can't blink the dust
They shove the feed through cracks, call it mercy
I scream at the wood but the nails just curse me

I chew on the dark till my mouth turns black
Every prayer I throw comes crawling back
No hand in the dirt, no voice in the sky
Just another night I don't know why

CHORUS - SLOW, GRINDING, LAYERED HARMONIES

Nailed shut
Still awake in the dark
Nailed shut
With a coffin for a heart
I claw, I bleed, I bite my tongue
Still not dead, still not done
Nailed shut
But I'm breathing through the mud

VERSE 2

I made my bed out of broken teeth

Slept where the worms still breathe
Every promise turned to flies
Buzzing hymns behind my eyes

They call it love when they tighten the chain
Call it healing when they feed me pain
I don't need saving from the grave outside
I need the dead man buried inside

CHORUS - BIGGER

Nailed shut
Still awake in the dark
Nailed shut
With a coffin for a heart
I claw, I bleed, I bite my tongue
Still not dead, still not done
Nailed shut
But I'm breathing through the mud

BRIDGE - QUIETER, CRACKED VOCAL

Cut the rot
Name the shame
Tell the ghost
He lost his name

I was never free
I was only fed
Kept one foot living
One foot dead

FINAL CHORUS - FULL HARMONIES, HEAVY

Nailed shut

Still awake in the dark
Nailed shut
With a coffin for a heart
I claw, I bleed, I bite my tongue
Still not dead, still not done
Nailed shut
But I'm breathing through the mud

OUTRO - REPEAT, FALLING APART

Still not dead
Still not done
Nailed shut
But I'm breathing through the mud

Nothing Waiting There

INTRO - FINGERPICKED ACOUSTIC GUITAR, SLOW AND HOLLOW,
LIGHT ROOM TONE

[Lead Vocal - close mic, low, tired, wounded]

[Harmony Vocal - low male harmony, eerie and restrained,
enters only where noted]

VERSE 1 - LEAD VOCAL ONLY AT FIRST

I wore out roads I thought might lead
To somethin' more than what I see
A pair of eyes, a place to land
A little peace in someone's hands

But every door I leaned into
Opened wide, then closed me through
And every night I let hope in
It left me cold by mornin' again

CHORUS - HARMONY ENTERS FULLY, MOURNFUL AND BLENDED

And I keep lookin' there
Where there's nothin' waiting there
Holdin' on like love still lives
Somewhere in the empty air
I keep reachin' out
But find the dark and nothin' there
Spent my whole life searchin'
For somethin' that was never there

TURNAROUND - ACOUSTIC GUITAR RINGS, BRIEF PAUSE, LOW
BASS SWELL

VERSE 2 - LEAD VOCAL INTIMATE, HARMONY SHADOWS SELECTED LINES

I traced the lines in strangers' faces
Hopin' one might feel like grace
A little warmth, a little truth
Somethin' that could make it through
But every touch just passed on by
Like smoke that vanished in my eyes
Maybe I'm the last one left
Still chasin' what the world neglects

CHORUS - BIGGER THAN FIRST CHORUS, BUT STILL RESTRAINED

And I keep lookin' there
Where there's nothin' waiting there
Holdin' on like love still lives
Somewhere in the empty air
I keep reachin' out
But find the dark and nothin' there
Spent my whole life searchin'
For somethin' that was never there

BRIDGE - QUIETER, BROKEN, HARMONY ENTERS LIKE A SECOND THOUGHT

Maybe it was all a ghost
A shape I gave the need the most
Maybe I just called it love
'Cause I was tired of not enough

Maybe no one really stays
Maybe that's just how it fades
Maybe I was born to learn

How bad a lonely heart can burn

FINAL CHORUS - FULLEST HARMONY STACK, STILL SAD NOT
HUGE

And I keep lookin' there
Where there's nothin' waiting there
Holdin' on like love still lives
Somewhere in the empty air
I keep reachin' out
But find the dark and nothin' there
Spent my whole life searchin'
For somethin' that was never there

OUTRO - STRIP BACK TO ACOUSTIC AND VOICE, HARMONY ONLY
ON REPEATS

Nothin' waiting there
Nothin' waiting there
Still I keep lookin' there

Somewhere It Died

INTRO - FINGERPICKED ACOUSTIC GUITAR, HOLLOW ROOM
SOUND, SLOW AND EXPOSED

[Lead Vocal - close mic, fragile, tired, low, clear vocal]

[Harmony Vocal - low male harmony, mournful, enters only
where noted]

VERSE 1 - LEAD VOCAL ALONE

I wore my hands out knockin'
On doors that never moved
I called love by a hundred names
None of them were true

I followed traces in the dark
That disappeared by day
Every road I gave my heart to
Led the other way

CHORUS - HARMONY ENTERS FULLER, STILL RESTRAINED

Somewhere it died
Somewhere along the way
Maybe love was here once
But it don't live here today
I still reach out
Like it might hear me call
But somewhere it died
Before I found it at all

TURNAROUND - ACOUSTIC RINGS, LIGHT BASS SWELL

VERSE 2 - LEAD VOCAL INTIMATE, HARMONY ONLY NEAR THE END

I've seen it in a stranger's face
For half a second's time
A little spark, a little grace
Then gone before it's mine

I held on to the afterglow
Of things that never stayed
Tryin' to warm these empty arms
With promises that frayed

CHORUS - SLIGHTLY BIGGER HARMONY

Somewhere it died
Somewhere along the way
Maybe love was here once
But it don't live here today
I still reach out
Like it might hear me call
But somewhere it died
Before I found it at all

BRIDGE - QUIETER, ALMOST WHISPERED AT FIRST

Maybe I was made to miss it
Standin' where it used to be
Maybe I just kept on chasin'
What was never meant for me

Maybe all these hearts are houses
Burned out underneath the paint
Maybe love's just one more word now
For somethin' that just ain't

FINAL CHORUS - FULLEST HARMONY STACK, STILL INTIMATE NOT
HUGE

Somewhere it died
Somewhere along the way
Maybe love was here once
But it don't live here today
I still reach out
Like it might hear me call
But somewhere it died
Before I found it at all

OUTRO - STRIPPED BACK TO JUST ACOUSTIC AND VOCAL

Somewhere it died
Somewhere along the way
Maybe love was here once
But it slipped away

The Hope I Can't Reach

INTRO - SLOW HEAVY RIFF, FEEDBACK SWELLING

VERSE 1

I woke up under a weight I know
Same black ceiling, same dead glow
There's a voice in the corner counting sins
And it sounds like mine when the dark walks in

I put my hands where the daylight fell
But it moved away like it knew me well
Every step turns back to dust
Every prayer comes up with rust

PRE-CHORUS

And I can see it burning
Just beyond the wreck
Like a match in the distance
With the weight I can't forget

CHORUS

You are the hope I can't reach
The light that won't come down
The mercy past my fingertips
The sound without a sound

I keep crawling through the ache
I keep bleeding through my teeth
Still reaching for the one thing
That stays out of reach

POST-CHORUS

The hope I can't reach

VERSE 2

There's a Bible on the nightstand closed
And a bottle where the flowers froze
One says live, one says forget
And I'm caught somewhere between them yet

I wore my sorrow like a second skin
Fed every ghost and called it friend
But there's a crack in the black tonight
And I don't know why I still want light

PRE-CHORUS

And I can see it burning
Just beyond the wreck
Like a match in the distance
With the weight I can't forget

CHORUS

You are the hope I can't reach
The light that won't come down
The mercy past my fingertips
The sound without a sound

I keep crawling through the ache
I keep bleeding through my teeth
Still reaching for the one thing
That stays out of reach

BRIDGE - STRIPPED DOWN BASS AND DRUMS

Don't tell me I'm safe
Don't tell me I'm gone
I've been fading in the doorway
Between dusk and dawn

Don't tell me it's over
Don't tell me it's peace
I can still see the morning
But it won't come to me

BUILD - GUITARS RISING

It won't come to me
It won't come to me
I can still see the morning
But it won't come to me

GUITAR SOLO - DISSONANT BLUES-GRUNGE LEAD

FINAL CHORUS - BIGGER DESPERATE VOCAL

You are the hope I can't reach
The light that won't come down
The mercy past my fingertips
The sound without a sound

I keep crawling through the ache
I keep bleeding through my teeth
Still reaching for the one thing
That stays out of reach

OUTRO - RIFF SLOWS, FEEDBACK FADE

The Night That Never Ends

INTRO - SLOW SLUDGY RIFF, FEEDBACK RISING

VERSE 1

I woke up underneath the floor
With daylight scratching at the door
A broken clock, a bitter room
A dead star hanging over noon
I heard my name inside the walls
Like someone lost behind the crawl
I lit a match to see my hands
But nothing burned, and nothing ran

PRE-CHORUS

And I don't know where the morning went
I don't know what the darkness meant
I only know it settled in
Like a debt I couldn't spend

CHORUS

This is the night that never ends
It wears my face, it calls my friends
It pulls me down, it lets me breathe
Then takes the ground from under me
I keep reaching for the sun
But it comes apart again
I was almost alive
In the night that never ends

POST-CHORUS

The night that never ends

VERSE 2

There's a mirror turned against the wall
Like it got tired of seeing it all
There's a Bible with a folded page
And a bottle full of yesterday
I made a home inside the ache
I fed the ghost, I called it faith
But every prayer I tried to send
Came crawling back again

PRE-CHORUS

And I don't know where the morning went
I don't know what the darkness meant
I only know it settled in
Like a debt I couldn't spend

CHORUS

This is the night that never ends
It wears my face, it calls my friends
It pulls me down, it lets me breathe
Then takes the ground from under me
I keep reaching for the sun
But it comes apart again
I was almost alive
In the night that never ends

BRIDGE - STRIPPED DOWN BASS AND DRUMS

Don't tell me I'm broken

I already know

Don't tell me it's over

I've got nowhere else to go

There's a voice in the distance

There's a crack in the sky

If I can't find the morning

I'll drag myself through the night

BUILD - GUITARS RISING

Through the night

Through the night

Through the night

I'm still alive

GUITAR SOLO - DISSONANT BLUES-GRUNGE LEAD

FINAL CHORUS - BIGGER VOCAL, DESPERATE LIFT

This is the night that never ends

It wears my face, it calls my friends

It pulls me down, it lets me breathe

Then takes the ground from under me

I keep reaching for the sun

But it comes apart again

I was almost alive

In the night that never ends

OUTRO - RIFF SLOWS DOWN, FEEDBACK FADE

Still on Fire

INTRO

[Feedback burst]

[Open low-string riff]

[Drums slam in]

VERSE 1

Smoke in the lights and dust in the wire
Dead in the mouth but still on fire
Black in the walls and red in the sound
Every time I kill it, it comes back around

You left it low where it likes to stay
Under the skin where it learns my name
I shut it down but it climbs back higher
Dead in the blood but still on fire

PRE-CHORUS

I hold it in
I bite it through
But every dark thing comes back new

CHORUS - FULL DUAL HARMONY

Still on fire
Still alive
Burning in the place I hide
Still on fire
Won't burn clean
Every bad thought still burns in me

Still on fire
Black and slow
I drag it down, it won't let go
Still on fire
All this time
Something dead still burns alive

VERSE 2

Cold in the room and thick in the lungs
Same old ash on the same old tongue
I let it sink, I let it tire
But it keeps breathing under the fire

Low in the chest, deep in the steam
Everything buried comes back mean
I break it off, it climbs back higher
Hands in the dark and still on fire

PRE-CHORUS

I hold it down
I shut it tight
But it comes alive every night

CHORUS - FULL DUAL HARMONY

Still on fire
Still alive
Burning in the place I hide
Still on fire
Won't burn clean
Every bad thought still burns in me
Still on fire
Black and slow

I drag it down, it won't let go
Still on fire
All this time
Something dead still burns alive

BRIDGE - HEAVY STACKED HARMONIES

No clean air
No clean break
No way out from what I make

FINAL CHORUS

Still on fire
Still alive
Burning in the place I hide
Still on fire
Won't burn clean
Every bad thought still burns in me

Standing in the Feedback

INTRO

[Amp hum]

[Feedback swell]

[Slow dirty groove]

VERSE 1

Standing in the feedback

Waiting on the hit

Same black air, same old sickness

Same old piece of it

Lights burn low on broken faces

Shadows on the amp

Everything I buried breathing

Everything gone damp

PRE-CHORUS

No clean line

No clean end

Everything buried comes back again

CHORUS - FULL DUAL HARMONY

Standing in the feedback

Let it scream

Every bad thought comes back mean

Standing in the feedback

Cold and bright

Something dead comes back tonight

Standing in the feedback

Hear it bend

Everything broken talks again

Standing in the feedback

Skin and steam

Everything buried comes back mean

VERSE 2

Bass rolls low like bad weather

Drums hit like a wall

Every word I tried to choke down

Still comes through it all

Smoke and dust and bent-up strings

Same old ache returns

I tried to drown it in the silence

Still the feedback burns

PRE-CHORUS

No clean nerve

No relief

It still lives underneath

CHORUS - FULL DUAL HARMONY

Standing in the feedback

Let it scream

Every bad thought comes back mean

Standing in the feedback

Cold and bright

Something dead comes back tonight

Standing in the feedback

Hear it bend

Everything broken talks again
Standing in the feedback
Skin and steam
Everything buried comes back mean

BRIDGE - HALF-TIME, HEAVY STACKED HARMONIES

Low and black
Back again
I can hear it under skin

FINAL CHORUS

Standing in the feedback
Let it scream
Every bad thought comes back mean
Standing in the feedback
Cold and bright
Something dead comes back tonight

NIGHT ORDER MEDIA

Dallas, Texas

Thank you for listening.

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