

# Barenaked Ladies, One And Only [Bonus Track]

Hey, pass the ball  
Why do you run it in circles?  
Waves crash the wall  
Soon enough all your hard work will fail  
Wait, hold the phone  
I don't know if I can take this  
Leave me alone  
I don't know if I can make this work  
See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only  
I need to think  
'Cause now I've got everyone wondering  
Pass me a drink  
Last but not least and my virtue's gone  
Lend me a hand  
I think I could walk if you help me  
Please understand  
If I could talk, I would tell you why  
See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only  
Only one  
All or none  
My heart's done  
Weighs a ton  
Hold me a while  
Tell me you'll never be leaving  
I'll walk the mile  
Seeing but not quite believing you  
See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only  
See, I know  
I'm lost and lonely  
Please go slow  
I'm one and only  
And only  
And only  
And only  
One and only, one