

Foals, The Runner

shadow, see how far i go
step by step
I'll keep it up
I won't slow
I got to go

through the embers
through the rows
every shadow step I take
I'll make sure that I won't break
show them all just what I know
while the years they come and go
I'll make sure I won't get slow
cause they all come and go
if I fall down
fall down
then I know to keep on running

and if it hurts don't let it show
while the seasons come and go

shadow chiaroscuro
when I fall down
fall down
loneliness of the long distance runner
shadows comes closer
but I'll go further
when I fall down /2x
the I know to keep on running