

Heather Small, I've Been There

Performed by Heather Small

Written by Heather Small, Steve Booker and Robin Lerner

Produced by Peter Vettese

Published by BMG Music / Windswept Music (London) Ltd. / Puckalesia Songs / No-Mad No-Man /

Engineered and Mixed by Mark Evans

Guitars by Robbie McIntosh (of The Pretenders)

Keyboards and Programming by Peter Vettese and Mark Evans

Nobody knows just where I've been - No one but me
They're on the outside looking in - No one can see
Stormy days when I was younger
In many ways they made me stronger

'Cos I've been knocked down
And I've been lifted up
Cried a thousand tears of joy and fear
I've been there
I've been there
I've been there
Seen my dreams in flames
Rise back up again
I have known despair and I've walked on air
I've been there
I've been there
I've been there
I've been there

No one can tell me how it feels to be afraid
All of the ghosts they won't lie still - They know my name
Late at night I hear them calling
But that's a place I won't be falling

'Cos I've been knocked down
And I've been lifted up
Cried a thousand tears of joy and fear
I've been there
I've been there
I've been there
Seen my dreams in flames
Rise back up again
I have known despair and I've walked on air
I've been there
I've been there
I've been there

And I'm telling you what I've been through
'Cos I'm still standing here
It's the simple truth
When hope is nowhere to be found it always comes around

'Cos I've been knocked down
And I've been lifted up
Cried a thousand tears of joy and fear
I've been there
I've been there
I've been there
I've been locked out
And I've walked back in
I have known despair and I've walked on air
I've been there
I've been there
I've been there
I've been there

I've been there
I've been hurt, I've been down
I've been in, I've been out
I've seen dreams all in flames
All around, around again...

I've been there

I've been hurt, I've been down
I've been in, I've been out
I've been sad, I've been bad
I've been there
I've been there
I've been there

You know I've been there

I've been there

Yes I've been there

You know I've been there

Gonna rise, gonna rise, gonna rise,

'Cos I've been there