

Attack of Panic

Aly & AJ

You sit back, relax, everything attacks
Anxious, your heart rate is in a state
Sunshine is too bright for your eyes
You lay wide awake 'cause sleep never came

There's a panic in you
There's a panic in myself
Talkin' heads, anxiety
And they try to bring me

Down
Down, down, down, down, down
Panic inside of me
Down, down, down, down, down
Inside of me
Down, down, down, down, down
Panic inside of me
Down, down, down

I sit back, relax, everything attacks
Anxious, my heart rate is in a state
Darkness upon me in a flash
Try to move my legs but they won't behave (Ooh-ooh-ooh-ooh)

There's a panic in you
There's a panic in myself
Talkin' heads, anxiety
And they try to bring me

Down
Down, down, down, down, down
Panic inside of me
Down, down, down, down, down
Inside of me
Down, down, down, down, down
Panic inside of me
Down, down, down

(Ooh-ooh-ooh-ooh)
It's okay, keep breathing
(Ooh-ooh-ooh-ooh)
Only way it's leaving
(Ooh-ooh-ooh-ooh)
It's okay, keep breathing
(Ooh-ooh-ooh-ooh)
Fighting for a feeling

There's a panic in you
There's a panic in myself (There's a panic in myself)
Talkin' heads, anxiety
And they try to bring me

Do-o-o-own
Down, down, down, down, down
Do-o-o-own
Down, down, down, down, down
(There's a panic in myself)

Do-o-o-own

Down, down, down, down, down

(Oh-oh)

And they try to bring me down