

Hold Out

Aly & AJ

You know I never meant to be a burden to you
I never want to cause you harm
I know what heavy conversation does to you
I wish I never brought it up at all
But some days I need a rescue

Hey you, if you hear me calling
Hey you, if you see me falling

Will you catch me?
Will you hold out your arms and catch me?
Will you catch me?
Do you think that you're strong enough?

You always told me that these days would get better
But I'm afraid that you were wrong
'Cause time never stops when you're hurting

Hey you, if you hear me calling (Hey you, calling)
Hey you, if you see me falling (Hey you, falling)

Will you catch me?
Will you hold out your arms and catch me? (Will you catch me?)
Will you catch me?
Will you hold out your arms and catch me? (Will you catch me?)
Do you think that you're strong enough? (Will you hold out your arms and catch me?)
Do you think that you're strong enough? (Will you hold out your arms and catch me?)

Will you hold out? Will you hold out?

When the waves come crashing down
We can be the ones to pull each other out
When the waves come crashing down
We can be the ones to pull each other out

(Catch me)

Will you catch me?
Will you hold out your arms and catch me? (Will you catch me?)
Will you catch me?
Will you hold out your arms and catch me? (Will you catch me?)
Do you think that you're strong enough? (Will you hold out your arms and catch me?)

Will you hold out? Will you hold out?
Will you hold out? Will you hold out?
Will you hold out? Will you hold out?