Sometimes I rock, sometimes I roll
Sometimes it's not me in control
Sometimes I gotta jump before I know what's below
Sometimes I gotta drop everything and go

Some days were hot, some days were cold Some days we're carrying a heavy load Some days we're digging in and the love may not show But I want you to know

That you can rely on me (yes, you can)
You can rely on me (to understand you)
You can rely on me for anything
You can rely, you can rely on me

And when life is hinging on regret
Like you made up your mind and then you second guessed it
There's so much you wanna try
That you haven't tried yet
Hmm, I got your back through all of it (yes, I do)

You can rely on me (yes, you can)
You can rely on me (to understand you)
You can rely on me for anything
You can rely, you can rely on me

It's you who brought me back when I was lost Everything I learned, you taught me How to wise up and pay a little more attention And you showed me how to listen So listen

You can rely on me (yes, you can) Hmm, hmm

Yeah, you can rely on me (yes, you can)
You can rely on me (to understand you)
You can rely on me for anything
You can rely, you can rely on me