All goes in waves, in waves, in waves, in waves
In waves, in waves, in waves, in waves, in waves
In waves, in waves

It comes and goes like tidal flows
The walls are caving in
I'm balancing a tiny rope
Just trying to not give in
First, I'm flying, yeah, I'm up high
Then I always fall out
It's such a wild ride
I'm just tryna keep up
First, it could be all dark
Suddenly, it's all bright
All of my ups and downs
It always goes in waves

In waves, in waves, in waves
In waves
All goes in waves, in waves, in waves
In waves

All goes in waves, in waves, in waves, in waves
In waves, in waves
All goes in waves, in waves, in waves, in waves
In waves, in waves

I'm walking with my heart exposed I'm always wondering
Where this lonely road will go
And how it all began
And I wonder is it worth it
Hurting every workday?
Then I see my friends
And go fuck yeah, this is perfect
Even though the heartaches
I always remember
That it all goes up and down
It always goes in waves

In waves, in waves
In waves, in waves, in waves, in waves, in waves, in waves, in waves

Some days, I'm soaring way, way above
Some days, all I can think, "Am I good enough?"
But I'd rather be too much than nothing
Anything that's something
I said too much than nothing
Anything that's something
I believe in because I care
Or else I don't know what I'm doing here
Now I know, I know myself
I know it always goes in waves

All goes in waves, in waves, in waves, in waves
In waves, in waves
All goes in waves, in waves, in waves, in waves
In waves, in waves
All goes in waves, in waves, in waves, in waves
In waves, in waves, in waves, in waves, in waves
In waves, in waves