

# ***“Daddy”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Walk a little slower daddy, I'm following you  
Sometimes your steps, they're too fast  
They're hard to see  
So walk a little slower daddy, you're leading me  
Leading me, leading me, yes you're leading  
Heavy weighs my mind when I think in time  
Of what's in store for you  
A world that fell apart, hope I gave your heart  
The mind to see it through  
Someday when I'm all grown up  
You're what I will be  
Teach, teach, teach me daddy  
You're leading me  
Leading me, leading me, yes you're leading  
Heavy weighs my mind when I think in time  
Of what's in store for you  
A world that fell apart, hope I gave your heart  
The mind to see it through

# **“Under Glass”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Lift it, breathe it, close it, falling, falling, close your eyes

You're going

Run, divide and hide, never mind your mind

Just pieces

Glassy eyed surprise, time to go outside

Copper colored skies, they open wide

Would you ever believe

All the freaks that you meet

Bundled by the dozen like sheep

Grinning, walking, smoking, floating, think it to yourself

Keep moving

Hush the buzz, the lights, the night is tight

Just pieces

Glassy eyed surprise, time to go inside

The neon circus curtain opens wide

Would you ever believe

All the freaks that you meet

Bundled by the dozen like sheep

Crawling out from under glass

Crawling out from under glass

Crawling out from under glass

Close the door behind, solitude, confined

Try to ease your mind, they're lost pieces

The glass is still in site

Maybe one more time

Try to find the pieces left behind

Would you ever believe

All the freaks that you meet

Bundled by the dozen like sheep

Crawling out from under glass

Crawling out from under glass

Crawling out from under glass

# ***“Up For Air”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Never afraid, cause' I'm never alone  
Through fields of fire, never alone  
Walk beside me, feel you there  
Nothing to see here, static flare  
And it all went black  
Way too soon, way too soon  
Dragged around, belly down  
Filth and lies become me  
Still you're there, my cross you'll bear  
Pulling demons just like teeth  
A scratch down my back, still reason to attack  
It all went black  
Way too soon, way too soon  
You cleaned my wounds, you cleared my head  
A mended wing, raise the dead  
Feel the burn, watch it grow  
I hear the whisper tell me go  
Tell me go, I hear the whisper  
Tell me go!  
Saw the static, felt you there  
Lost but honest, up for air  
Up for air, up for air, up for air

# ***“Full Load Amps”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

American rebel since 71'  
Your walk is heavy, go beat your drum  
Eating rocks and lying prone  
Time and patience leads the lions throne  
Swords and daggers, I'll eat them all  
Quick take your shot or fall  
Rusty hands make polished clones  
The grand facade, bow to thee  
Get off your knees, It's you they need  
Your plastic smile makes me seethe  
Swords and daggers, I'll eat them all  
Quick take your shot or fall  
Have mercy, life is short and sweet  
Have mercy, the shit talk's getting deep  
Oh have mercy!  
Full load amps, I feed upon  
On giants shoulders stands thee  
Get off your knees, It's you they need  
You ain't seen nothin' huckleberry  
I'll be your huckleberry

# **“Sharp Corners”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Run away if you really want to  
Run away if you care  
Run away if you really want to  
Hide over there  
But first touch me, please touch me  
Oh touch me, don't touch me  
You're always the last to know  
But the first to care  
A broken suit holds an empty promise  
A subtle beware of what's out there, if you care  
No matter where you run to, you're right there  
No matter who you talk to, they've been there  
And don't care, that you're there  
They don't care, that you're there  
You're always the last to know  
But the first to care  
A broken suit holds an empty promise  
A subtle beware of what's out there, if you care  
When you're lost and seeking refuge  
From a world unfair  
Run away if you really want to  
But don't be afraid to stay and wait  
Delay escape  
You're always the last to know  
And the first to care  
A broken suit holds an empty promise  
A subtle beware of what's out there  
If you care beware, beware

# ***“Headlights”***

*By: Heavy AmericA*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Been driving all night  
Headlights burning my eyes  
Waiting for daylight, been thinking all night  
Where to begin, where'd it all begin  
And will it ever, ever, ever, ever end  
Up for days, hypnotised the miles pass away  
Up for days, up for days  
Just along for the ride  
Take the wheel and close my eyes  
Consuming me, barren land, heat and gasoline  
Still letting go  
Not knowing where to cut the rope  
Screaming wind, needles and pins  
Up for days, hypnotised the miles pass away  
Up for days, up for days  
It's touch and go  
Well that's the road don't you know  
The beast within never gives in  
Up for days, hypnotised the miles pass away  
Up for days, up for days  
Been up for days, hypnotised the miles pass away  
Up for days, up for days

# ***“Sad Dog”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Handful of tomorrow  
A used up yesterday  
View is getting better  
Watch you walk away  
The mutt will miss you  
The mutt will miss you  
Go on take my script  
Eat em' all bite your lip  
Steel taste will go away  
White rabbit's here to stay  
The mutt will miss you  
The mutt will miss you  
Don't say nothin' here she comes  
Devils tail slash your tongue  
Limp the gimp up the mast  
Lock the doors and mash the gas  
The mutt will miss you  
The mutt will miss you

# ***“Motor Honey”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2015 / ASCAP*

Hot summer nights of misbehavin'  
Keep tempting me till I cave in  
Hourglass of nails, you can't fake it  
Don't fake it  
Deep down inside I know you're shakin'  
Now shake it!  
Breathe me into you  
Play me like a fool  
Use me through and through  
Motor honey, PEACE  
Motor honey, PEACE  
Lay onto me sinful laces  
Your graceful lies, so embracing  
Calling your bluff, no more faking  
Can't fake it  
Stare right through me, leave me shakin'  
Now shake it!  
Breathe me into you  
Play me like a fool  
Use me through and through  
Motor honey, PEACE  
Motor honey, PEACE



# ***“Pray For Me”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2016 / ASCAP*

Raise my head to a new day  
Feel of gray is washed away when the sun comes in  
With a welcome smile she gives to me  
A feel of empty trust that I'll succeed to be a better me  
Look inside and find yourself as divine  
Only need to have your own body and mind  
To confuse, to use, abuse as you choose  
The tragic school of life and all it's cruel rules  
Pray for me, a better me  
Pray for me, a better me  
No more is there self destruction  
No more do I feel a bitter sting  
The dust is wiped from my eyes  
And I see everything  
Pray for me, a better me  
Pray for me a better me

# ***“I can take it”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

Plateaus of happiness, now cliffs of terror  
How will I deal with this  
And will it be here tomorrow, tomorrow  
Blame it on me, I can take it  
Stand on my spine till' you break it  
Spit in my face, tell me you love me, love me  
Bury me, bury me, I can take it  
Most painful words, I've ever heard  
The ice in your veins turns blue, blue  
Bury me, bury me, I can take it  
Go on beat me down, show me what's right  
What I don't get today I'll learn thru a spike  
Your mouths an open grave that swallows my soul  
I'm asking what came first, the pistol or the hole  
Bury me, bury me, I can take it  
Rollin' in at dawn you're ready for a fight  
No matter what I say, won't change your mind  
Friends they're all asking what's wrong with your man  
I just crack a smile, catch me if you can  
Catch me if you can, yeah I'm that man  
An empty man

# “Sweet Kisses”

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

Half my life's held together with duct tape and glue

Other half's held together by you

Please don't leave me now

I can't live with half of me

There's no honor without some disgrace

What keeps leading me back here

Has yet to show it's rotten face

I will answer when they gloat and stare

Help christen the wrecking ball

It reads handle with care

Please don't leave me now

I can't live with half of me

Please don't leave me now, not now

Pour me out like water

My bones all out of place

Maybe one more cigarette

Then I'll go and join the race

Skin's soft like leather

Stress helps keep it clean

Maybe I can be your scene

I know you wanna, do you wanna with me

We'll avoid the lawyers and throw out the sheets

Tighten up your corset and pull back your hair

Sweet kisses and long goodbyes

While you're tied to a chair

Please don't leave me now

I can't live with half of me

Gimme back my half of me

I hate that half of me

It's all come loose

# ***“Proud Shame”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

Toro Toro red means go  
Roughed up and bled out slow  
I'm cut clean at the seam, sprayed clean  
In control except for the strings  
Loud secrets and silent screams  
The mule plays insane, hopes they go away  
Proud shame  
Ashes, ashes burned away  
Setting sun fans the flames of proud shame  
Run with scissors, punctured lung  
Faded lumens, a neutered tongue  
Terrorized, no hope for change  
360 nothing gained, proud shame  
Ashes, ashes burned away  
Pondents perched on lofty chains  
Sabotage their righteous claims  
Setting sun reclaims the flames of proud shame  
Sow a field of tears and watch them grow  
Pray for fruit and eat the root below  
Ashes, ashes burned and blown away  
Setting sun rules the flames of proud shame

# **“Casting Stones”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

It's not safe to hang around here  
The walls have eyes, ceiling ears  
Waiting for the veil to drop  
Exposing all your fear  
Body's racked, cramped inside  
A fragile shell, no longer can you hide  
Casting stones fall from grace  
Sour promises, bitter taste  
How many stones will it take  
Building up your wall of hate  
Expect anything expect too much  
Mirror's fogged, head's all filled with lust  
Just want it gone from under my skin  
Wash it all away, make it shiny and new  
Everything is easier without you  
Body's racked, cramped inside  
A fragile shell, no longer can you hide  
Casting stones fall from grace  
Sour promises, bitter taste  
How many stones will it take  
Building up your wall of hate  
We wander aimlessly  
Down our paths in search of gold  
Just one careless step, the pillars start to fold  
You better run, you can't win  
You're too old  
Turning into hallowed trees, stealing souls  
Don't you know  
Catered to your weakness  
Turned your ego gold  
Didn't ask you where you've been  
Don't care who you know  
Body's racked, cramped inside  
A fragile shell, no longer can you hide  
Casting stones fall from grace  
Sour promises, bitter taste  
How many stones will it take  
Building up your wall of hate

# ***“Achilles Fail”***

*By: Heavy AmericA*

*Lyrics: Michael T. Seguin © 2017 / ASCAP*

Fight! Fight! Fight!  
Give it all always  
Give it all always  
Hail to the Hero  
No chance of caving in  
Crosshairs on the zero  
Bang!  
Give it all always  
Give it all always  
Light it up and have a go  
Achilles on his knees  
Hail to the zero  
Fight! Fight! Fight!  
Give it all always  
Give it all always  
Turn your cheek and take the blow  
Offer no retreat  
All hail the Hero  
Achilles on his knees  
On your knees!  
I told you to leave me alone

# **“Heavy Eyes”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

Dance around the stars like butterflies  
Dropping flower petals from way up high  
Tell whoever you meet up there send me a dream  
Make it a sunny day under a willow tree  
And I'll wait  
Don't forget to wish a dream for yourself  
Save wish number three  
To get you back to me  
And I'll wait  
As you dance around the stars, I'll wait  
I'll watch and cheer you on, I'll wait, I'll wait  
Daybreak comes and you start your fall  
Tell the moon and the stars you won't be long at all  
Keep some petals in your pocket (to)  
Remember your last waltz  
And I'll wait  
As you dance around the stars, I'll wait  
I'll watch and cheer you on, I'll wait  
Cheer you on till your song is gone  
Cheer you on till your pride is strong  
Shooting star now the dream is gone  
But I'll wait  
As you dance around the stars, I'll wait  
I'll watch and cheer you on, I'll wait  
Till your heavy eyes bring butterflies, I'll wait  
I'll watch and cheer you on, I'll wait  
I'll wait

# ***“Bleed Mary”***

*By: Heavy America*

*Lyrics: Michael T. Seguin © 2017 / ASCAP*

Flick of an apple seed  
Curiosity now a tree  
Breathe deep and think heavy  
Ass deep in elbow grease  
Oh my  
Needle punches  
Fate seized and ruby lips  
Catch me I'm falling  
Film it all and add it to the pit  
Oh my  
Bleed Mary  
Cut deep Mary  
Windswept smile  
Lo-fi and dirty knees  
Floss cleaned minds  
Try to figure what's best for me  
Oh my  
White tea and honey  
Razor blades for Christmas gifts  
Try to keep them happy  
Cut and run if they lose their shit  
Oh my  
Bleed Mary  
Cut deep Mary  
You pulled it off  
Made them run without the sound of a gun  
It all went wrong  
Turn it off while the little boy's aiming a gun  
Turn it off cause' the truth hurts and you want none  
Turn it off while the little boy's aiming a gun  
Turn it off while the little boy...  
Bleed Mary  
Cut deep Mary  
Bleed Mary, Bleed Mary



# **“Green To Gold”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2014 / ASCAP*

Winter in New England is dormant and cold  
Green leaves of Summer are now red and gold  
How soon we forget  
Green to Gold  
Let me be your majestic tragedy, I really want to  
I'll play for you all the songs only God should hear  
But taste, all the colors your mind can conceive  
Everyday the new day  
Experience leads us through  
Having time to think back  
On blue sky summer's day  
Ly down in the grass, with you  
You tell me that your love is true  
Nothing lasts forever, will I miss you  
When you're gone  
But taste, all the colors your mind can conceive  
Everyday the new day  
Experience leads us through

# ***“Better Things”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2014 / ASCAP*

I woke up in the middle of the night, was it  
Lightning or mosquito bite, I don't know  
Just close the window  
I woke up with a good attitude but trouble's  
Finding me by high noon  
I don't care, cause' I got better things to do  
You can serve me tea when I asked for coffee  
Step on my hands and say you're not sorry  
I don't care if I got no money  
Bills are paid or it's rain or sunny  
That's ok man I got better things to do  
The life I lead is the life I sow  
I owe it all to friends and foe  
You've shown me, It's all about a family  
I see my wife and my lovely daughters  
Simple life, a house on the water's all I need  
But there ain't nothin' free  
You can serve me tea when I asked for coffee  
Step on my hands and say you're not sorry  
I don't care if I got no money  
Bills are paid or it's rain or sunny  
That's ok man I got better things to do  
When I find myself chasing my tail I  
Stop and remember what my daddy said  
The American dream ain't what it used to be  
Spend all your time making your money  
Spend what you got trying to keep it running  
That's ok dad, I got better things to do  
You can serve me tea when I asked for coffee  
Step on my hands and say you're not sorry  
I don't care if I got no money  
Bills are paid or it's rain or sunny  
That's ok man cause' I got better things to do  
Carry on, carry on

# ***“Listen Please”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2014 / ASCAP*

Set forth in my mind is a place more funky  
Where all could be mine, yes sir  
Now I find I spend my time  
Doing less funky things so I can get by  
Ain't it a shame  
You call me psycho, you call me sick  
Well the fact that you're still here, that's a trip  
You say you can't stand me when I'm being free  
I'm only as free as your shackles let me be  
Got my new shirt on girl, cost me eighty dollars  
Same shoes, pants and belt  
I had to buy her those flowers  
They're just like you and me  
We live for a while, then you're killing me  
Is it too much to ask just to listen please  
To the groove that I've just laid, so very deep  
Is it wrong for me to want my inner greed  
I laid my plow so deep

# **“Goliath”**

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2017 / ASCAP*

Hey Mr. Reality Man  
Keep pulling at my feet  
Hey Mr. Reality Man  
Won't let me live discrete  
He waits until I'm stumbling  
Then he trips my feet  
Hiding all those things I want  
He likes that hide and seek  
Hey, he's knocking, outside your mind's door  
Sweet Sister Mercy  
Give me bread so I can eat  
My sister gives me wine  
Life's blood for me to drink  
You see the balance clearly  
Give and take of life  
Go wait in line for your sympathy  
When the Devil's out of sight  
Hey, he's knocking, outside your mind's door  
Sweet Sister Mercy  
Thank you for the bread to eat  
Tell Mr. Reality Man go on  
Keep pulling at my feet

# ***“Madison”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2014 / ASCAP*

Look at what we've made  
It's beautiful  
Trouble's along the way  
Left behind  
Still young and carefree  
Still making memories  
From God's hands, to your smile  
It's worth every mile  
Remember when you said  
You'd follow me  
Remember when you took that first flight  
From a kiss on the lawn  
Came the cannon song  
We built a life, we built a life  
You and I  
Far from perfect but I swear  
Fate has brought us everywhere  
And never done us wrong  
Far from perfect but I swear  
The worst of it is gone  
I've fallen down  
And you've lifted me  
Essentially, you saved my life  
Never wanting praise  
Always give you never take  
You are my wife, you are my life, my light  
Far from perfect but I swear  
Fate has brought us everywhere  
And never done us wrong  
Far from perfect but I swear  
The worst of it is gone, it's gone

# ***“Generation Lame”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2019 / ASCAP*

Hear the stomping feet  
Livey up the beat  
Too much hate and violence in the streets  
Shove and punch you this way  
Ain't changing minds that way  
Tear gas DeJour man, ain't it sweet  
Take the pen boy, sign your name boy  
Everything you dream on a silver chain  
Ya'll gotta remember  
We're all in it together  
Don't believe the news man, that ain't me  
Thieves and fools this way  
Haters profit that way  
Feeding on the feckless and the weak  
Take the pen boy, sign your name boy  
Everything you dream on a silver chain  
Just take the pen boy, sign your name boy  
Sign it all away, generation lame  
Melt me down, seek my face  
Desperate for a dream, you made haste  
Was it all worth it?  
Twenty one grams for your fame  
You took it all and gave nothing  
Nothing's just what you've gained  
Lame, Lame, was it (worth it)  
Shape you just like clay  
A little everyday  
It's all bullshit and lies man  
Take a seat

# ***“Easy Killer”***

*By: Heavy America*

*Lyrics: Michael Thomas Seguin © 2018 / ASCAP*

I like to dance a sexy dance  
Watch me move it, see it movin'  
Tattoos & sweat running down your neck  
Watch it movin', I'm gonna lose it  
I'm the one mother said stay way away from  
But you still want some  
The intrigues too deep, you're craving fresh meat let's dance  
Come a little closer the night's almost over, let's dance  
Forget what they told you, the night's almost over, let's dance  
Sex, drugs & stress, money kills us best  
It's all a game, controlled strain  
The wolves circle prey, today's your last day  
Is there anything you'd like to say?  
You're the one mother said stay way away from  
But I still want some  
You're sexy, you're chic, I'm craving fresh meat let's dance  
Come a little closer the night's almost over, let's dance  
Forget what they told you, the night's almost over, let's dance  
I like to dance a sexy dance, let's dance!