# Lie gently back

# (For Scott Hutchison, of Frightened Rabbit, and their song ‘Swim until you can’t see land’)

*Swim until you can't see land  
Are you a man? Are you a bag of sand?*

## Chorus

G Bm Em F#

Lie back the sea will hold you

Bm Em Am D7

And in the end the cold will warm you

G Bm Em F#

The deep lift you up, waves smooth your way

Am F C G

Lie gently back in the calm of the day

## Verses

## C Em F G7

When you swim you can always look back to land

F C F G

To familiar faces and firm ground

C Em F G

If you want you can keep both your feet on the sand

F Fm C G

Or let tides decide where you are bound

Don’t catalogue birds, let each choose their own name

They will fly in their own way just the same

Don’t measure yourself by the distance from land

Or count your worth in bags of sand.

Now lie gently back in the arms of the ocean

Watch the sun dancing, mirrored on waves

Let the salt clear your eyes until you can see

Who you are and who you will be