

# Push

**Artist:** ARMOURS

**Music & lyrics:** Håkan Ängquist

Oh please unfold upon that bed  
With this heart of yours full to the brim  
You feel the change?  
The air around your skin  
Holding hands and holding heads  
High enough to breathe air in  
I promise change  
I'll never mention him

Push

Pull

I promise change  
I'll never mention him

Two truths are told upon that bed  
With this hardened voice I get my will  
You feel the change pace as time stand still  
I understand about the threads  
Why it hurts and why it kills  
I promise change  
I'll end it all with him

Push

Pull

I promise change  
I'll end it all with him