

Adrenalin Rush

F C G C
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 F C G C

C G C C G C
 At times life's a challenge - it happens quite a lot, I don't know how I manage - I'm either cold or hot,
 C C7 F C F C G C
 In my comfort zone I do OK, But I step outside - panic attack gets in the way.

Chorus

F C G C F C G C
 Adrenalin Rush - fight or flight, What should I do ? My chest is tight!
 F C G C F C G C
 I want to run - make a beat with my feet, What do I do - I turn to goo,
 F C G C
 Ooh - Ooh - I turn to goo.

C G C C G C
 I start to speak - tell you what's in my heart, There's a block in my brain and I fall apart,
 C C7 F C F C G C
 The chance lasts a moment and then it's gone, Building up the pressure - Oh what went wrong ?

Chorus

F C G C F C G C
 Adrenalin Rush - fight or flight, What should I do ? My chest is tight!
 F C G C F C G C
 I want to run - make a beat with my feet, What do I do - I turn to goo,
 F C G C
 Ooh - Ooh - I turn to goo. (x 2)

C G C C G C
 Take a step back - breathe a breath or two, Suck it in deep - then push it out of you,
 C C7 F C F C G C
 Shake your hands - come on unfreeze, Feel the rhythm moving up through your knees.

Chorus

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 Ooh - Ooh - I turn to goo. (x 2)