

# Foundations

Words & Music by Kate Nash & Paul Epworth

♩ = 160

Introduction for piano in 4/4 time. The piece consists of eight measures. The first four measures are chords: C, F, C, F. The last four measures are chords: C, F, G, F. The bass line starts in the fifth measure with a quarter note C, followed by eighth notes G and A in the final two measures.

1. Thurs-day\_\_\_ night, ev-'ry- thing's\_ fine, ex - cept you've\_ got that look in your eye; when I'm

tell-ing a sto-ry and you find it bor-ing, you'rethink-ing of some-thing to\_\_\_ say. You go a-

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C F C F

- long with it then drop it and hu - mil - i - ate me in front of our

C F G F

friends. 2. Then

C F C F

I'll use that voice that you find an - noy - ing and say some - thing like Spoken: "Yeah, intelligent input, darling.  
3. You've said, "I must eat so many lem - ons, 'cause I am so bit - ter."

C F G F

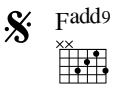
Why don't you just have another beer, then?" Then you'll  
Spoken: I said, "I'd rather be with your friends, mate, 'cause they are much fitter."



call me a\_\_\_ bitch, and ev-'ry-one we're\_ with will\_\_\_ be em - bar-rassed, and I won't\_ give a\_\_\_  
 Yes, it was child-ish and you got ag-gres - sive, and I must ad - mit that I was\_ a bit scared,



\_\_\_ shit. My  
 \_\_\_ but it gives me thrills to wind you up.)



fin - ger - tips\_\_\_ are hold - ing on\_\_\_ to the cracks in our\_\_\_ foun - da - tions, and I



know that I\_\_\_ should let\_\_\_ go, but I\_\_\_ can't. And

Am7



G



ev-'ry time we fight I know it's not right, ev-'ry time that you're up - set and I smile.

Fadd9



G



To Coda  $\emptyset$

I know I should for - get, but I can't.

C



F



C



F



Your face is past - y, 'cause you've gone and got so wast - ed, what a sur-

C



F



G



F



-prise. Don't want to look at your face, 'cause it's mak-ing me sick.

C F C F

You've gone and got sick on my train - ers. I on - ly got these yes - ter

C F G F

- day, oh my gosh, *Spoken: I cannot be bothered with this.* Well

C F C F

I'll leave you there till the morn - ing, and I pur - pose - ly won't turn the heat - ing on, and dear -

C F G F *D.S. al Coda*

— God, I hope I'm not stuck with this one. My

♩ CODA

Fadd9



And ev - 'ry time\_\_ we fight\_\_ I know\_ it's not

Am7



G



right, ev - 'ry time that you're up - set and\_\_ I smile,\_\_ I know\_ I should

Fadd9



for - get,\_\_ but I\_\_ can't. And

Am7



G



ev - 'ry time\_\_ we fight\_\_ I know\_ it's not right, ev - 'ry time that you're

Fadd9



up - set and I smile, I know I should for - get, but I



can't.



