I wrote this song falling in love with someone new, while not fully over an old love. I flew to London to record it a week after writing it. This song was a finalist in the 2023 MASC contest.

what stirs the heart

I painted my nails
in the darkest possible shade
I was ready to bend over backwards
and orchestrate
the next chapter of me at your side
you said can you still jump
I still asked how high

don't worry I'm still treading water
I'm still twenty-one
just a lamb for the slaughter
I'm still uncorrelated
and because that, perpetually agitated

I'm rolling in the grave that I dug
I'm dating someone
but afraid to make love
oh save me from apathy
this curse
it hurts
you gave me

I hang up the phone
think of you on the other line
walking in your front yard
in the golden hour light
even the wind remembers
the shape of us in the glare
but you moved on, its casual
feels wrong that I still care

don't worry I'm too stubborn
to need a favor
I'm only twenty-four
no spectrum of good behavior
when it rains it pours, even better
the wreck before the rainbow
just a storm you'll weather

chorus

I got this show on
but I'm not really watching
call up my girlfriend
let her do all the talking
got a guy begging to come over but
it's hard to play pretend
it's hard to stay sober
learned a new set of back roads
in a one horse town
call it passion but
it drives you into the ground
it's easy to see who takes advantage
all of my hot blood- so hard to manage
how'd you make it look so easy?
how he makes it looks so easy now

I'm climbing from the grave that I dug
completely rogue -- I'm falling love
oh save me now!
this curse unveiled
and I'm not sure how
so we flatlined right at the junction of
what stirs the heart
what you need to function
can't wait for the scar
I tore off the bandage
wear an open wound
permanent damage

how'd you make it look so easy?