

SYLVAN ESSO – NO RULES SANDY

Songwriting & Production Credits

Produced by Sylvan

Esso

Recorded at Betty's in Chapel Hill, NC and Dahlia Ave in Los Angeles, CA

Engineered by Nick Sanborn & Alli Rogers

Additional engineering on "(?)" by T. Hui

Mixed by Nick Sanborn at

Betty's

Mastered by Huntley Miller

Written by Amelia Meath & Nick Sanborn

LNF (SESAC) / Oak Industries (ASCAP)

"How Did You Know" written by Amelia Meath, Nick Sanborn, and Sam Gendel

LNF (SESAC) / Oak Industries (ASCAP) / Beyond Language (ASCAP)

Package Design by Public-Library

Photography by Sylvan Esso

All instruments and vocals by Sylvan Esso

featuring:

Sam Gendel - saxophone on "How Did You Know" and "Coming Back To You"

TJ Maiani - drums on "Your Reality" and "Alarm"

Gabriel Kahane - string arrangement on "Your Reality"

Ayane Kozasa - viola

Ravenna Lipchik - violin

Chelsea Starbuck Smith - violin

Caitlin Sullivan – cello

Lyrics

Moving

how can I be moved

when everything is moving

how can i be moved

when everything is moving

when everything is moving

when everything is moving

when everything is moving

when everything moves

pitching back
rolling in
another day turning still
it is time
death is near
cram the night
with feelings
cuz

how can I be moved
when everything is moving
how can i be moved
when everything is moving
when everything is moving
when everything is moving
when everything is moving
when everything moves

shake my head til a new one comes
shake my head til a new one comes
shake my head til a new one comes again
shake my head til a new one comes
shake my head til a new one comes
shake my head til a new one comes again

how can I be moved
when everything is moving
how can I be moved
when everything is moving
when everything is moving
when everything is moving
when everything is moving
when everything moves

Look at Me

I don't wanna cross the ocean
I don't wanna cross the sea
never wanted your devotion
yeah all I really need
is for you to look at me
look at me

look at me
look at me
look look look
look at me
look at me
look at me
look look look
look at me
look at me
look at me
look look look
look at me now

and then in the palm of your eye I'll be
there's no better place to live or breathe
because all I want
yeah you know me
is to be seen
to be seen
to be seen

out in the street
yr in the spotlight baby
out in the street
yr in the spotlight baby

look at me
look at me
look at me
look look look
look at me
look at me
look at me
look look look
look at me
look at me
look at me
look look look
look at me now

Echo Party

never staying in at night
I keep banging, cuming right

never faking
satisfied
watch me move im looking fine

empty highways open streets
no one out here in this heat
underground is where they'll be
waiting waiting
just for me

there's a lot of people dancing downtown
yeah we all fall down
but some stay where they got dropped
it's an echo party ringing all around
yeah you can't play it down
but you want it to feel right now

there's a lot of people dancing downtown
yeah we all fall down
but some stay where they got dropped
it's an echo party ringing all around
yeah you can't play it down
but you want it to feel right now

follow follow
1 2 3
down the tunnel past the stream
if you see them let them be
let the echo guide your feet

I had a dream there was a field of flowers
and everyone was like you and I
there were so many
I was among them
and I was waving as you walked by

How Did You Know

I was dragging
lagging
stumbling through the time
my days rolling into nights

but I had it even back then
with me all the time
under my tongue
behind my eyes
saying
“How- how did you know- How- How did you know”

thinking back to who I was, when did I learn to raise myself- how

who was she to carry me- how did I find the will to be- how

saying

How- how did you know- How- How did you know

Now I'm back and running
through the city lights
tryna make it feel alright
always here then
my friend
with me all the time
in the mirror every night
saying
how- how did you know- how- how did you know

(Now I know now, now I can see, how its meant to be, taking care of me)

Didn't Care

I thought you were good and all but I didn't hold you in my mind
I was busy playing shows
you were busy wasting your time
but I kept on wanting to call and you kept picking up
acting like I knew it all
like I was writing a book
I-I-

I didn't care
and I couldn't feel it in the air
I didn't know
when I met you how it would go
when I met you how it would go

when I was dreaming

I thought I would feel it rolling in
feel the earth quaking
get the shivers- it would hit me like a train
but nothing happened
when I saw you
when I learned your name
wouldn't she like to know how the story ends?
but then again

I didn't care
and I couldn't feel it in the air
I didn't know
when I met you how it would go
when I met you how it would go

and now everyone
can see us
and now everyone knows our love
as if they were looking
cuz why would they do that?
It is I, in awe; of what we've got.

Your Reality

It's a jump to rise
lift off right now
don't know how to swim in the air?
come on I'll teach you how
It's a step inside
the stratus cloud
don't know how to walk in the sky?
come on I'll teach you how
let me help it
let me fight
let me remember how to live my life
were there rules originally or
are we learning how to be?
surreal but free-
it's your reality
It's your reality

It's a jump to rise
lift off right now
don't know how to swim in the air?

come on I'll teach you how
It's a step inside
the stratus cloud
don't know how to walk in the sky?
come on I'll teach you how
let me help it
let me fight
let me remember how to live my life
were there rules originally or
or are we learning how to be
let me build it
watch me try
let me make it up this time
were there rules originally or
are we learning how to be
surreal but free-
it's your reality
it's your reality

(no rules for me, no rules baby, no rules lately, no rules maybe, no rules sandy, no rules
no rules no rules you'll see)

Cloud Walker

cloudwalker
It doesn't make sense
but you've done it so many times
so we accept

cloudwalker
getting drunk on the aisle
learning disaster
relax in style

hold that breath
move as one
step in step
there and gone
hold that breath
feel the sun
hold it hold it
but not too long

this is how you forget:

every time you do it
wilder you grows smaller still
and you're just walking like you do
like you do, and like you did and
like you do, and like you did and
like your doing- doing it.

cloudwalker
It doesn't make sense
but you've done it so many times
so we accept

hold that breath
move as one
step in step
there and gone
hold that breath
feel the sun
hold it hold it
but not too long

Sunburn

My favorite way to ruin me:
to eat the sweet right when I see it
And never stop to think or breathe
It comes to me naturally

Sunburn
When you move it stings
And your eyelids swell to pink
But you loved it so much
So how could you stop
Drifting?

Sunburn; blistering
The heat under your skin
Oh but it felt so good
so why wouldn't you
keep on taking?

I love the ocean
I love the air
I love the feeling that I get out there
I love to drive as fast as I can

To be with them

I love the floating
I love the tide
Undertow pull me
Make me feel alive
Let me feel the drag
As I kick and fight
to stay on the beach side

Sunburn
When you move it stings
And your eyelids swell to pink
But you loved it so much
oh how could you stop
Drifting?

Sunburn; blistering
The heat under your skin
Oh but it felt so good
so why wouldn't you
keep on taking?

Alarm

Oh I can't stop ringing it
oh I can't stop ringing it
oh I cant stop ringing it
the alarm
the alarm
the alarm

everybodys out there
out there listening
everybodys listening
listening to hear
everybody's hearing
along with me
the alarm the alarm the alarm

What is a false alarm?

everybody's moving- moving in the street
everybodys dancing

each step is to the beat-
everybodys ringing- from crown of head to feet
coast to coast and in between
I'm in you,
and you're in me

In ashland, in oakland, los angeles, in houston, in brooklyn, the twin cities, in denver in
cleveland in santa fe, OK city, Montgomery, across the USA

oh I can't stop ringing it
oh I can't stop ringing it
oh I can't stop ringing it
the alarm the alarm the alarm

Coming Back To You

I'm on a ribbon of concrete
I am a blurred shot,
a bright streak,

coming back to you
I'm coming back to you,
coming back to you,
I'm coming back to you,
coming back to you
I'm coming back to you

I'm on the ocean
I'm out to sea
I know my fortune
its you and me

coming back to you
I'm coming back to you,
coming back to you,
I'm coming back to you,

I am the sound
the one you think
the one you cant find
the one you need

I'm 85,
I'm 16,

I am a mother,
a baby

coming back to you
I'm coming back to you,
coming back to you,
I'm coming back to you,

I am the root
I am the leaf
I am the big tree
you grew beneath

coming back to you
I'm coming back to you,
coming back to you,
I'm coming back to you,

I'm on an airplane
I'm in a boat
I'm in a car now
I'm losing control-

I'm coming back to you
I'm coming back to you,
coming back to you,
I'm coming back to you,

to you