

1 STEP FORWARD, 3 STEPS BACK

Words and Music by OLIVIA RODRIGO,
JACK ANTONOFF and TAYLOR SWIFT

Piano Ballad, freely

Sheet music for the song "1 Step Forward, 3 Steps Back" by Olivia Rodrigo, Jack Antonoff, and Taylor Swift. The music is in D major, 6/8 time, and is marked "Piano Ballad, freely". The score includes guitar chords (D, D/A, D/G) and lyrics.

mp

Called you on the phone to-day just to ask you how — you were. All I did was speak nor-

- mal-ly, some-how I I still — struck a nerve. You got me fucked up in the

head, boy. Nev-er doubt-ed my - self — so much. Like, am I pret-ty, am I fun, boy?

 $\text{♩} = 128$

I hate that I give you pow-er o - ver that kind of stuff. 'Cause it's al - ways one step for - ward _ and



three steps back. _ I'm the love of your life un - til I make you mad. It's al - ways one step for - ward _ and

 To Coda 

three steps _ back. _ Do you love me, want me, hate me? Boy, I don't un - der - stand. _ No, I

$\text{♩} = 85$ 

don't _ un - der - stand. _ And may-be in some mas - o - chis - tic way, I kind of find it all _

D.S. al Coda

— ex - cit - ing. Like, which lov - er will I get to - day? _ Will you walk me to the door or send me home cry - ing? It's

don't un - der - stand. _ No, it's back and forth, _ did _ I say some - thing wrong? _ It's

back and forth, _ go - ing o - ver ev - 'ry - thing I said. It's back and forth, _ did I do some - thing wrong? _ It's

back and forth, _ may - be this is all your fault in - stead. It's one step for - ward _ and three steps _ back. And I'd

leave you but the rol - ler coast - er's all I've ev - er had. Yeah, it's one step for - ward _ and

three steps _ back. _ Do you love me, want me, hate me? Boy, I

don't _ un - der - stand. _ No, I don't _ un - der - stand. _

The musical score is written for guitar and piano. The guitar part is in D major and includes the following chords: F#m, G, D, F#m, G, D, F#m, G, D, G, D, G, D. The piano part is in D major and features a melody in the right hand and a bass line in the left hand. The lyrics are: "leave you but the roller coaster's all I've ever had. Yeah, it's one step forward _ and three steps _ back. _ Do you love me, want me, hate me? Boy, I don't _ understand. _ No, I don't _ understand. _".