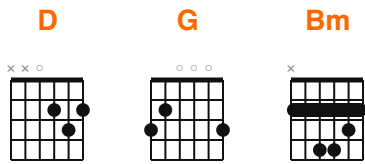


# Heavy

Addy · Cable to Nowhere

Key D major · Tempo ~136 · Capo none  
4/4 · loop-based



**Main loop:** D – G – Bm

Verify player: estimated chords over the track. Downloads: [MIDI](#) · [PDF](#)

## VERSE 1

**D** **G**  
I'm dragging anchors in the sand  
**Bm** **D**  
I'm losing grip with every hand  
**G** **Bm**  
The air is thick, the light is dim  
**D** **G**  
I'm sinking fast on every whim  
**Bm** **D**  
I try to lift my weary head  
**G** **Bm**  
To take back everything I said  
**D** **G**  
But gravity is pulling tight  
**Bm** **D**  
Extinguishing the little light

## CHORUS

**G** **Bm**  
It's getting heavy  
**D** **G**  
It's crushing me  
**Bm** **D**  
The weight of all this history

**G** **Bm**  
It's getting heavy

**D** **G**  
I can't stand up

**Bm** **D**  
I'm drinking from the poisoned cup

**G**  
It's so heavy

#### VERSE 2

**Bm** **D**  
The atmosphere is turning lead

**G** **Bm**  
I'm trapped inside the things I dread

**D** **G**  
I wear the guilt like it's a coat

**Bm** **D**  
It's tightening around my throat

**G** **Bm**  
I calculate the cost of fear

**D** **G**  
Of staying paralyzed in here

**Bm** **D**  
I want to move, I want to run

**G** **Bm**  
But I weigh a thousand tons

#### CHORUS

**D** **G**  
It's getting heavy

**Bm** **D**  
It's crushing me

**G** **Bm**  
The weight of all this history

**D** **G**  
It's getting heavy

**Bm** **D**  
I can't stand up

**G** **Bm**  
I'm drinking from the poisoned cup

**D**  
It's so heavy

#### BRIDGE

**G** **Bm**  
Carry the load. (I can't carry it)

**D** **G**  
Carry the load. (I can't bury it)

**Bm** **D**  
My knees are bending.

**G** **Bm**  
My back is breaking.

**D** **G**  
The earth is shaking.

**Bm** **D**  
The earth is shaking!

#### OUTRO

**G** **Bm**  
Too much weight. (Heavy)

**D** **G**  
Too much hate. (Heavy)

**Bm** **D**  
Dragging me down.

**G** **Bm**  
Dragging me down.

**D** **G**  
Into the ground.

*Chords auto-estimated from the song's audio (bass = roots, guitar/synth = quality) and snapped to the detected key — a best-effort transcription, not a hand-verified score. To check accuracy, play the MIDI against the original recording (the verify player, when present, does this for you). Chord positions over the words are approximate to the repeating loop.*