

# One

Metallica

James Hetfield & Lars Ulrich

♩ = 108

7

[B]

Mm

13

Mm

Hah

Hah

17

Oh

Oh

Oh

Oh

Oh

21

Oh

Oh

Oh

Hah

Hah

Hah

Hah

Hah

Hah

Hah

Hah

25

Oh Oh Oh Oh

Oh Oh Oh Oh

Oh

Detailed description: This system contains measures 25 through 28. The treble staff has a key signature of two sharps (F# and C#) and a 3/4 time signature. It begins with a treble clef and a common time signature 'C' (which is crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note G4, a quarter note A4, and a quarter note B4, all beamed together. This pattern repeats in each measure. The bass staff has a bass clef and a key signature of two sharps. It begins with a bass clef and a common time signature 'C' (crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note E3, a quarter note F#3, and a quarter note G#3, all beamed together. This pattern repeats in each measure. The piano accompaniment in the bottom staff consists of a single half note G2 in each measure. A large slur connects the piano accompaniment across all four measures.

29

Oh Oh Oh Oh Ah

Oh Oh Oh Oh Ah

Oh Ah

Detailed description: This system contains measures 29 through 33. The treble staff has a key signature of two sharps and a 3/4 time signature. It begins with a treble clef and a common time signature 'C' (crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note G4, a quarter note A4, and a quarter note B4, all beamed together. This pattern repeats in measures 29-32, and then changes to a half note G4, a quarter note A4, and a quarter note B4, all beamed together, in measure 33. The bass staff has a bass clef and a key signature of two sharps. It begins with a bass clef and a common time signature 'C' (crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note E3, a quarter note F#3, and a quarter note G#3, all beamed together. This pattern repeats in measures 29-32, and then changes to a half note E3, a quarter note F#3, and a quarter note G#3, all beamed together, in measure 33. The piano accompaniment in the bottom staff consists of a single half note G2 in each measure. A large slur connects the piano accompaniment across measures 29-32, and another slur connects it across measures 33-34.

34

Ah Ah Ah

Ah Ah Ah

Ah Ah Ah

Detailed description: This system contains measures 34 through 37. The treble staff has a key signature of two sharps and a 3/4 time signature. It begins with a treble clef and a common time signature 'C' (crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note G4, a quarter note A4, and a quarter note B4, all beamed together. This pattern repeats in measures 34-35, and then changes to a half note G4, a quarter note A4, and a quarter note B4, all beamed together, in measure 36. The bass staff has a bass clef and a key signature of two sharps. It begins with a bass clef and a common time signature 'C' (crossed out and replaced with 3/4). The melody consists of a quarter rest followed by a half note E3, a quarter note F#3, and a quarter note G#3, all beamed together. This pattern repeats in measures 34-35, and then changes to a half note E3, a quarter note F#3, and a quarter note G#3, all beamed together, in measure 36. The piano accompaniment in the bottom staff consists of a single half note G2 in each measure. A large slur connects the piano accompaniment across measures 34-37.

38

Oh Oh Oh Oh

42

I can't re-mem - ber a - ny - thing Can't tell if this is truth or dream

46

Deep down in-side, I feel the scream This ter - ri-ble si - lence stops me

50

Now that the war is through with me I'm wa-king up, I can - not see

Now that the war is through with me I'm wa-king up, I can - not see

Oh

54

That there's not much left of me No - thing is real but pain now

That there's not much left of me No - thing is real but pain now

Oh

Hah Hah

58

Hold my breath as I wish for death Oh, please, God, wake

Hold my breath as I wish for death Oh, please, God, wake

Hold my breath as I wish for death

Oh, please,

God, wake

62

Ah  
*fade out*

me

3

Ah

66

Oh

Oh

Oh

Oh

Oh

Oh

Oh

Oh

70

Oh

Oh

Oh

Ah

Back in the womb, it's much to real

In pumps life that I must feel

Back in the womb, it's much to real

In pumps life that I must feel

74

Oh Oh Look to the time when I live

But can't look for-ward to re-veal Look to the time when I live

But can't look for-ward to re-veal Look to the time when I live

78

Oh Oh Just like a war-time no-vel-ty

Fed through the tube that sticks in me Just like a war-time no-vel-ty

Fed through the tube that sticks in me Just like a war-time no-vel-ty

82

Oh Oh Cut this life off from me

Tied to ma-chines that make me be Cut this life off from me

Tied to ma-chines that make me be Cut this life off from me

86

Hold my breath as I wish for death Oh, please, God, wake

Hold my breath as I wish for death Oh, please, God, wake

Hold my breath as I wish for death Oh, please, God, wake

90

Ah *fade out* me Ah

Ah

Ah

94

Mm Mm Mm Mm

Mm Mm Mm Mm

Mm Mm Mm Mm

98

Mm Mm Mm Mm

102

Mm Mm Mm Mm

106

Now the world is gone, I'm just one Oh, God, help me

Now the world is gone, I'm just one Oh, God, help me

Now the world is gone, I'm just one Oh, God, help me



110

Hold my breath as I wish for death Oh, please God, help

Hold my breath as I wish for death Oh, please God, help

Hold my breath as I wish for death Oh, please God, help

114

me

me

me