

COUNTING SHEEP

TWIN CHAMELEON



I was counting sheep
You were grinding teeth
Wondering if we'd ever settle down
And get to sleep

Some things that we said
Snuggled up in bed
Wedged themselves into
The empty space between our heads

Breathing side by side
Haven't seen your eyes
Since you turned your back
And slipped away from me last night

Bodies rise refreshed
Minds left unaddressed
Thoughts that tossed and turned all night
Must now be put to rest

I'll die
Before I
Say you were right
I'm sure
This time

I'll just say goodbye

These sheets are too white, get ready to fight

Counting Sheep was a melody with placeholder lyrics for a long time. “I was counting sheep / you were grinding teeth” was solidified, but that was it. The rest of the lyrics didn’t come until someone said, “The song is being recorded in three days. You should probably write some lyrics.” I sat on a bench in the Charles River Esplanade and wrote the lyrics in 20 mins (a few tweaks and additions were made afterward, but that story isn’t as cool).

That was the only time something related to *Counting Sheep* happened quickly.

The song has had a long journey - literally. Recording began in 2015 at a Boston recording studio and ended in a Los Angeles hall closet in 2019 with the acapella vocal at the end of the song (you get to hear my voice 4 years apart). The creation of *Counting Sheep* has been a long and tedious process, and I have many people to thank for their incredible hard work and even more incredible patience with my nit-picky perfectionism (their names are in the credits).

- Mitch



Counting Sheep

Runtime 3:58

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Special Thanks:
Heidi, Jesse