Every time that I felt the wave of heat
I thought I was gonna burn up, melt away
Cause I knew back then what I know right now
The damn sustain just a shakeup
I looked everywhere, but in front of me
I should've opened my eyes

If I go in, I go heart first, falling hard again

I'm gonna hit the ground running
I'm gonna hit it real fast
So there's no regrets, no regrets
This way I keep the blood pumping
It's like I'm diving head first
No there's no regrets
Cause if I had, I wouldn't ever had you, no

Every bump on the road felt like a dream

Now a bump feels much more like a hurricane

And I cannot shake this epiphany

It's a sudden conviction

Now you need your space and I need to breathe

That's how I'm wired, you know

If I go in, I go heart first, falling hard again

I'm gonna hit the ground running
I'm gonna hit it real fast
So there's no regrets, no regrets
This way I keep the blood pumping
It's like I'm diving head first
No there's no regrets
Cause if I had, I wouldn't ever had you, no

(No regrets 8x)
Even if it hurts
When loves comes and goes
Cast the spell, I'm ready, here I go

No there's no regrets
Cause if I had, I wouldn't ever had you, no