

Back & Forth

Foo Fighters
Wasting Light

Words by Dave Grohl

Music by Foo Fighters

Standard tuning

Moderate ♩ = 138

Intro

Gt-1

mf P.M.

T																			10
A																			9
B																			7

Verse

P.M.

T	(10)																		
A	(9)																		
B	(7)	7	7	7	6	6	6	6	4	4	4	2	2	2	0	5	5	5	5

P.M.

T																			
A	2	2	2	4	4	4	4	2	2	2	0	0	0	5	5	5	5	4	4
B	3	3	3	3	3	3	3	3	3	3	3	3	3	0	3	3	3	3	3

P.M.

T																			
A	4	4	4	4	5	5	7	7	7	7	7	7	7	7	7	7	6	6	6
B	5	5	5	5	5	5	0	5	5	5	5	5	5	5	0	0	0	0	0

13

P.M.-----|

T
A
B

4 4 4 2 2 2 0 5 | 5 5 5 5 4 4 4 0 | 2 2 2 4 4 4 4 2

0 0 0 0 0 0 0 3 | 3 3 3 3 3 3 3 0 | 3 3 3 3 3 3 3 3

16

P.M.-----|

T
A
B

2 2 2 2 0 0 0 0 | 5 5 5 7 7 7 0 4 | 4 4 4 4 5 5 7 5

3 3 3 3 3 3 3 0 | 3 3 3 3 3 3 0 5 | 5 5 5 5 5 5 0 5

19

P.M.-----|

T
A
B

3 4 4 5 5 6 6 | 7 7 7 6 6 6 6 | 4 4 4 2 2 2 2 5

3 4 2 3 5 6 4 | 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0 3

1 2 2 3 3 4 4

22

P.M.-----| P.M.-----|

T
A
B

5 5 5 5 4 4 4 0 | 2 2 2 4 4 4 4 | 2 2 2 2 0 0 0

3 3 3 3 3 3 0 | 3 3 3 3 3 3 2 | 3 3 3 3 3 3 0

25

P.M.-----| P.M.-----|

T
A
B

5 5 5 7 7 7 0 4 | 4 4 4 4 5 5 7 | 3 4 4 5 5 6 6

3 3 3 3 3 0 5 | 5 5 5 5 5 5 5 | 0 3 4 2 3 5 6 4

0 1 2 2 3 3 4 4

28

P.M.-----| P.M.-----|

T
A
B

7 7 7 6 6 6 6 | 4 4 4 2 2 2 2 5 | 5 5 5 5 4 4 4 0

0 0 0 0 0 0 0 | 0 0 0 0 0 0 3 | 3 3 3 3 3 3 0 0

31

P.M.-----| P.M.-----|

TAB

2 2 2 4 4 4 4 2
3 3 3 3 3 3 3 3

2 2 2 2 0 0 0 0
3 3 3 3 3 3 3 0

5 5 5 7 7 7 0 5
3 3 3 3 3 3 0 5

34

P.M.----|

Pre-Chorus

TAB

4 4 4 4 5 5 7
5 5 5 5 5 5 0 5

7 7 7 7 7 7 7
5 5 5 5 5 5 5

5 0 0 0 0
5 4 4 3

37

TAB

0 0 0 0 0 0
0 0 0 0 0 0

3 4 4 5 5 4 4 3 3 4 4 0
0 0 0 0 0 0 0 0 0 0 0 0

40

Chorus

TAB

3 3 3 3 3 3 3 3 5 5 5 5 5 5 5 5 10 10 10 10 10 10 10 10
3 3 3 3 3 3 3 3 3 3 3 3 3 3 8 8 8 8 8 8 8 8
1 1 1 1 1 1 1 1 3 3 3 3 3 3 8 8 8 8 8 8 8 8

43

TAB

10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10
8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8
8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

46

TAB

10 10 10 10 10 10 10 10 13 13 13 13 13 13 13 13 10 10 10 10 10 10 10 10
9 9 9 9 9 9 9 9 12 12 12 12 12 12 12 12 10 10 10 10 10 10 10 10
10 10 10 10 10 10 10 10 13 13 13 13 13 13 13 13 8 8 8 8 8 8 8 8

49

TAB

10-10-10-10-10-10-10-10	10-10-10-10-10-10-10-10	10-10-10-10-10-10-10-10
8-8-8-8-8-8-8-8	8-8-8-8-8-8-8-8	8-8-8-8-8-8-8-8

52

1.

7

TAB

10-10-10-10-10-10-10-10	13-13-13-13-13-13-13-13	3-4-4-5-5-6-6
9-9-9-9-9-9-9-9	12-12-12-12-12-12-12-12	3-4-2-3-5-6-4
10-10-10-10-10-10-10-10	13-13-13-13-13-13-13-13	1-2-2-3-3-4-4

Verse

55

P.M.-----|

P.M.-----|

TAB

7-7-7-6-6-6-6	4-4-4-2-2-2-2-5	5-5-5-5-4-4-4
0-0-0-0-0-0-0	0-0-0-0-0-0-0-3	3-3-3-3-3-3-3-0

58

P.M.-----|

P.M.-----|

P.M.-----|

TAB

2-2-2-4-4-4-4	(2)-2-2-2-3-3-3-5	5-5-5-7-7-7-0-4
3-3-3-3-3-3-3-3	(3)-3-3-3-3-3-3-3-5	3-3-3-3-3-3-3-0-5

61

P.M.-----|

P.M.-----|

TAB

4-4-4-4-5-5-7	3-4-4-5-5-6-6	7-7-7-6-6-6-6
5-5-5-5-5-5-0-5	0-3-4-2-3-5-6-4	0-0-0-0-0-0-0
	0-1-2-2-3-3-4-4	

64

P.M.-----|

P.M.-----|

TAB

4-4-4-2-2-2-2-5	5-5-5-5-4-4-4	2-2-2-4-4-4-4
0-0-0-0-0-0-0-3	3-3-3-3-3-3-3-0	3-3-3-3-3-3-3-2
		3

67

P.M.----- P.M.----- P.M.-----

T
A
B

(2) 2 2 2 2 3 3 3 3 5 | 5 5 5 7 7 7 0 4 | 4 4 4 4 5 5 0 5

(3) 3 3 3 3 3 3 3 3 | 3 3 3 3 3 3 0 5 | 5 5 5 5 5 5 0 5

70

2. Solo

T
A
B

7 7 7 7 7 | 3 4 4 5 5 6 6 | 7 7 7 6 6 6 6

5 5 5 5 5 0 | 3 4 2 3 5 6 4 | 0 0 0 0 0 0 0

0-20>5 | 1 2 2 3 3 4 4 | 0 0 0 0 0 0 0

73

T
A
B

4 4 4 2 2 2 5 | 5 5 5 5 4 4 | 2 2 2 4 4 0

0 0 0 0 0 0 3 | 3 3 3 3 3 3 0 | 3 3 3 3 3 0 3

76

T
A
B

(2) 2 2 2 2 3 3 3 0 | 5 5 5 7 7 0 4 | 4 4 4 4 5 5 7

(3) 3 3 3 3 3 3 0 | 3 3 3 3 3 0 5 | 5 5 5 5 5 5 0

79

T
A
B

3 4 4 5 5 6 6 | 7 7 7 6 6 6 6 | 4 4 4 2 2 2 5

3 4 2 3 5 6 4 | 0 0 0 0 0 0 0 | 0 0 0 0 0 0 3

1 2 2 3 3 4 4 | 0 0 0 0 0 0 0 | 0 0 0 0 0 0 0

82

T
A
B

5 5 5 5 4 4 | 2 2 2 4 4 0 | (2) 2 2 2 3 3 3 0

3 3 3 3 3 0 | 3 3 3 3 3 0 3 | (3) 3 3 3 3 3 3 0

85

TAB

5 5 5 7 7 0 4 4 4 4 5 5 7 7 7 7 7 0 20 5

3 3 3 3 3 0 5 5 5 5 5 5 0 5 5 5 5 5 0 5

Pre-Chorus

88

TAB

0 0 0 0 0 0 0 0

5 4 4 3 3 4 4 5 5 4 4 3

91

TAB

0 0 0 0 0 0 0 0

3 4 4 5 5 4 4 3 3 4 4 5

94

TAB

0 0 0 0 0 0 0 0

5 4 4 3 3 4 4 5 3 3 3 3 3 3 3 3 3 3 3 3

1 1 1 1 1 1 1 1 1 1

Chorus

97

TAB

5 5 5 5 5 5 5 5 10 10 10 10 10 10 10 10 10 10 10 10

3 3 3 3 3 3 3 3 8 8 8 8 8 8 8 8 8 8 8 8

8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

100

TAB

10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10

8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8

9 9 9 9 9 9 9 9 10 10 10 10 10 10 10 10 10 10 10 10

103

T
A
B

13	13	13	13	13	13	13	13	13	13	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	
12	12	12	12	12	12	12	12	12	12	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
13	13	13	13	13	13	13	13	13	13	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8

106

T
A
B

10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8

109

T
A
B

13	13	13	13	13	13	13	13	13	13	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
12	12	12	12	12	12	12	12	12	12	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
13	13	13	13	13	13	13	13	13	13	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8

112

T
A
B

10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8

115

T
A
B

13	13	13	13	13	13	13	13	13	3	4	4	5	5	6	6
12	12	12	12	12	12	12	12	12	3	4	2	3	5	6	4
13	13	13	13	13	13	13	13	13	1	2	2	3	3	4	4