ONE
As recorded by Metallica
(From the 1988 Album AND JUSTICE FOR ALL...)

Words and Music by James Hetfield and Lars Ulrich

A Intro
Moderately $\downarrow = 108$

Gtr I

\[ \text{Bm} \quad \text{Gmaj7} \quad \text{Bm} \]

\[ \text{let ring throughout} \]

\[ \text{Gtr I} \quad \text{mp} \]

\[ \begin{array}{lllll}
\text{A} & 2 & 2 & 0 & 4 & 0 & 2 & 4 & 0 \\
\text{B} & 3 & 3 & 2 & 2 & 3 & 3 & 3 & 0 & 2 & 2
\end{array} \]

Gtr II

\[ \text{Bm} \quad \text{Gmaj7} \quad \text{Bm} \quad \text{Gmaj7} \]

\[ \begin{array}{llllllll}
\text{A} & 4 & 0 & 2 & 4 & 0 & 4 & 0 & 4 & 0 & 4 & 0 & 2 & 4 & 0 \\
\text{B} & 3 & 3 & 2 & 2 & 0 & 4 & 0 & 3 & 3 & 0 & 2 & 2
\end{array} \]

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Bm

Gmaj7

N.C.

A

B 2 4 2 0 4 0 0 4 0 4 0 4 0 ((0)) 0 2 2 2

A

B 2 4 2 0 4 0 0 4 0 4 0 0 2 2

Bm

Gmaj7

Bm

Gmaj7

T

A

B 2 4 2 0 4 0 4 0 4 0 2 4 0 0 4 0 4 0 0 2 2

B 2 4 2 0 3 3 0 2 2

B 2 4 0 3 3 0 2 2

B 2 4 0 3 3 0 2 2

Bm

Gmaj7

N.C.

A

B 2 4 2 0 4 0 0 4 0 4 0 0 2 2

A

B 2 4 2 0 4 0 0 4 0 4 0 0 2 2

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### Tablature and Lead Sheet for 'ONE' by Metallica

**Grins IV, V**

<table>
<thead>
<tr>
<th>Time</th>
<th>T</th>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>P.M.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1, 2, 3.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Guitar Tab**:  

- Chords and fingerings are provided for each measure.  
- The tab includes both the guitar and bass parts.

**Lead Sheet**:  

-Melodic and rhythmic notation for both guitar and bass.  
- Time signatures and beats are indicated.

This page contains the complete tablature and lead sheet for Metallica's 'ONE', detailing the guitar and bass parts. The tab includes chord progressions, fingerings, and rhythmic notation for each measure, allowing musicians to play along with the song accurately.