

You've been hiding in your heart
Your prison you built up by yourself
Was everything lose
Do not tell me now, that it's over

Step up to me
I will wait to help you get out of this cave
So break it down
No one can help you because you're still in your shell

Sadness
Is doesn't fade in your heart
You will stand up to live this through
Loneliness
Is that doesn't fade in your heart
Your fight will never end or you hide within your skin

F. T. O
Fight for your right
F. T. O
Fight for your freedom

So break it down, but the fight is on now
Let the pain hit the floor let the bodies scream
Rise !