

pick yourself up,

Amanda Black

Pick yourself up
I know it get tough
Gotta keep eyes on the dream
Family believe in me
I'm a diamond in the rough
Never giving up
Still I thank my enemies
Always keep me on my feet

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Pick yourself up don't give up babe
I know it's hard feel like you gonna die
Don't count yourself out babe
All the doubts in your head
Make yourself go crazy
Nothing going your way wenza ngathi you're okay
Awukaqedi wondering what you goin' do
Awusizeki in your heart you feelin' like

You ain't making progress
You ain't making progress
Progress
You ain't moving forward
You ain't moving for...
For...

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Mithandazo yethu ingath ayivakali
Indlela igcwele ameva
Ukufa kugcwele ilali
Bazokubamb'inkunzi befunana nemali
Mhlaba uzok'limaza ngeke ungakhali

Bulela umphefulo but it just ain't fair
Khathel'ubuhlungu it just don't feeel right
Kumnyama kuqhuma uthuli
Iminyango kutheni ingavuli

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Progress
You ain't moving forward
You ain't moving for...
Forward

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