[Verse 1] You can run, you can hide You can dance, you can smile You can breathe You can pray, you can speak You can love, you can teach You can hold me You can tell, you can leave You can face what you deceive

Or you can lie You can climb, you can see You can make what you believe

[Chorus]

Let it hit you like a mountain

[Verse 2] You can sink, you can swim You can end, or you begin You have a chance You can crush, you can save You can roll with the waves Or let them swallow you You can feel, you can mime You can act all the time Or you confess You can pray, you can speak

You can pray, you can speak You can love, you can teach You can hold me

[Chorus]

Let it hit you like a mountain Let it hit you like a mountain Let it hit you like a mountain

Let it hit you like a mountain

[Bridge]

You can hold me

You can run, you can hide You can dance, you can smile You can pray, you can speak You can love, you can teach You can tell, you can leave You can face what you deceive You can climb, you can see You can make what you believe Let it hit you like a mountain You can sink, you can swim You can end, or you begin You can crush, you can save You can roll with the waves You can feel, you can mime You can act all the time You can pray, you can speak You can love, you can teach Let it hit you like a mountain

You can hold me

[Outro]

Let it hit you like a mountain Let it hit you like a mountain Let it hit you like a mountain Let it hit you like a mountain