

Rise & Shine

Capleton

Sponge music, red hot, yeah
King of fire
Mi seh I been around, yes, uhuh

Rise up time, wise up time
Rise and shine, let yuh light shine
Rise up time, wise up time
Rise and shine, let yuh light shine
Time to make a move, Get dem now
Yes I'm in the mood, Get dem now
Ain't no trying to lose, Get dem now
Rise and shine
Have to make a move, Get dem now
Yes I'm in the mood, Get dem now
Helps to store yuh food, Get dem now
Rise and shine, See it yah

Haffi conscious
You cyaan be mentally lazy
Go fi weh yuh waan
And yuh cyaan be lackadaisy
Memba we coming from the land of di bravery
Cyaan succumb to modern day slavery
Cyaan stop procreation more love fuh di ladies
Babylon are kill from di eldest to di babies
Then if it is not spirituality
What is gonna save we?
Babylon me see seh dem crazy

Rise up time, Wise up time
Rise and shine
And tek what is rightfully mine
Rise up time, Wise up time
Rise up time
And don't let dem poison yuh mind

Who dem no mek no kill mek sick around
Look how fi di wizard and witch around
Coz dem always sending dem hit around
And dem really waan to put in di pit around
Mek mi tell dem dis inna dem lick around
Waan catch inna di glamour and glitter around
Hey, we keep it real and never switch around
Well babylon dem ah scam and rip around
Tell dem what yuh stick around, alright

Rise up time, uh, Wise up time, uh
Rise up time
And don't let dem poison yuh mind
Rise and shine, Rise up time
Wise up time
And tek what is rightfully mine, cho
Got to make a move
Get dem now
Yes I'm in the mood
Get dem now
Ain't no trying to lose

Get dem now
Rise and shine
Hey, have to store yuh food
Get dem now
Yes I'm in the mood
Get dem now
Have to mek a move
Get dem now
Rise and shine

So man ah rise from di dunge, alright
Den mi seh gwaango ask sponge
One badda apple ah spoil di whole bunch
Time ah run out Babylon deh pon crunch
Alright den, yuh know long dem ah wait for dis
Know how long di ship cuh dem ah ship fi dis
All who did lean, unuh better get straight fi dis
Weh dem thinking gwaan like seh dat dem forget about lynching
Alright

Rise up time, uh
Wise up time, huh
Rise and shine
And don't let dem poison yuh mind
Rise up time, uh
Wise up time, uh
Rise and shine
Let yuh light shine