If it's the pain
That you fear
It will always be right there
A weight on your back
Falling aside
Boy you can't run
So don't even try
Cause the demons are right at your heals
Bringing you down
Making you feel
Like you wanna give up
Just got to give in
Like you're fighting a fight
That you know you can't win
Don't you know you got to

Stand up
Shake it off
Look em in the eyes
(You may never get another) chance to
Make things right
Don't pass it by
Like you never said
All the things you want to say
This is your chance so
Stand up
For yourself
Today's your day

There's no easy way to go about it
Baby you can't doubt it (no no no)
When they can't hear you
You've got to shout it
Cause some of us can't live without it
If it's the love
That you need
You've got to ask (politely)
Never settle for less (than the sky)
And if you walk out
Don't ever let them see you cry
Don't you know you've got to

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Come on Stand

Come on Stand

Stand up Shake it off Look em in the eyes (You may never get another) chance to Make things right Don't pass it by Like you never said All the things you want to say This is your chance so Stand up For yourself Today's your day Stand up Shake it off Look em in the eyes (You may never get another) chance to Make things right Don't pass it by Like you never said All the things you want to say This is your chance so Stand up For yourself Today's your day

Stand up

You may never get the chance to