There she goes again walking home, all alone looking sad, baby where's your friends? Why you never smile? Let the sun, wash away, all your pain, so your inner child (Oooh) could fly, maybe we can be friends, and I'll dry your pretty eyes.

Get up off your sorrow Shake it out, all around Throw it up, your hands high and let your hair down (2x)

There's no need to hide,
Grab your purse and your keys,
Come on out, and let the world decide
Girl there's time to play
'Cause tomorrow's untold
Let your dreams unfold your day

Just fly, tell me we can be friends, and I'll dry your pretty e yes

Get up off your sorrow Shake it out, all around Throw it up, your hands high and let your hair down (4x)

Don't you be afraid, don't you be afraid. Let your hair down, s hake it off girl.

Girl, don't be afraid.

I'm gonna show you a thousand ways: to let go of your heart, I'll lead the way.

If you just let me show you, I wanna see you let your hair down

[Chorus: until fade]