

When your head is on the ground  
And your heart is on the road  
You've gotta live your life  
You've gonna smile, don't worry

When your fears are running high  
And your thoughts are running low  
You've gotta live your life  
You've gotta smile, don't worry

When you're rushing day and night  
Stop the clock and breathe  
You can shake it like a "wooooh!"  
And reset the dream

So now pick it up, it's time to shine  
Leave everything behind  
You've gotta live your life  
You've gotta smile, don't worry

So now, it's time lalala  
To shine, shalala  
To smile, no don't give up, don't give up  
So now, it's time lalala  
To shine, shalala  
To smile  
And show me the way you move

Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move  
Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move

Only thing you should remember  
Is "get what you deserve"  
You've gotta live your life  
You've gotta smile, don't worry

It doesn't matter who you are  
What you've done or gonna do  
You've gotta live your life  
You've gotta smile, don't worry

So, get up and be proud  
Let yourself be free  
'Cause you can scream and shout  
You're allowed to be alive

Pick it up, it's time to shine  
Leave everything behind  
You've gotta live your life  
You've gotta smile, don't worry

So now, it's time lalala  
To shine, shalala  
To smile, no don't give up, don't give up  
So now, it's time lalala  
To shine, shalala  
To smile  
And show me the way you move

Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move  
Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move

If you don't, you don't have a smile  
Maybe you can take one of mine  
Come on in tonight don't be shy  
Sing it louder, sing it louder

If you don't, you don't have a smile  
Maybe you can take one of mine  
Come on in tonight don't be shy  
Sing it louder, sing it louder

If you don't, you don't have a smile  
Maybe you can take one of mine  
Come on in tonight don't be shy  
Sing it louder, sing it louder, sing it louder  
And show me the way your move

Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move  
Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move

Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move  
Shalalalalalala up  
Shalalalalalala down  
Shalalalalalala up  
Show me the way you move