

# Stand Up

Seed

You're fallin down, you hit the ground  
you must rebound - stand up my friend  
when morning come, you can get some  
keep movin on - get up again

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Vers 1

Trust me - dirt tastes dusty  
my demons push me and rush me  
they got me by the throat like a goat  
so i wrote these notes that everybody can see

you know when you're all alone  
and you're on your own and you  
feel stripped down to the bone  
when you're lying down in the dust  
and a bloody dirty crust is running  
up and down your nose

spit it out brother,  
say it loud brother, come on:  
enough is enough, i'm too tough to give it away,  
one of my demons will pay for these crazy puzzles i face everyday

Chorus

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Vers 2

Good better best  
mi na go rest till mi good is better  
you ain't gonna see me rest  
till i made my better best  
To the good to the better to the best  
never gonna let good be my measure  
this gonna be my quest  
mi na go sleep, mi na go rest

Vers 3

More mountains to top  
more oceans to dive in  
more beauty to drop  
our soul makes it up

We go dead or alive  
right now we sing our life

see how these words can drive  
where do you wanna arrive

We wanna move non stop  
seeing all your heads up  
dont need a roof on our club  
we are all part of the mob

Wanna rock your soul  
thats our goal  
gonna pick you up  
truck around the clock

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