Stand up for your rights
State your independence
Take a look at what bites
Say what you have to say
They may not like it
But who cares anyway
Shout it out shout it loud
It's time for action
Time to stir up the crowd
Don't care your type or number
Animal or mineral
Don't become a vegetable

You don't need to take it anymore They can't hold you down And that's for sure

Stand up just forget the money Stand up shake your body and soul Stand up even if they say it's funny Stand up just get out of control

Be heard the time is right
You got to stand up
Give it all of your might
Give it some
Give it some
You gotta fight until you even up the score
Don't take this don't take that
It's time to rise you got to climb up off that mat
Speak out you may not get promoted
I even heard that sometimes people get demoted

You don't need to take it anymore They can't hold you down And that's for sure

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