

When you cry, I cry with you
And when you hurt, I feel it too
And sometimes it feels like we're going nowhere fast
For every step forward take two steps right back
I hope that it helps to know I'll help however I can

'Cause I am an ally and I am a friend
And you have my heart and my voice and my hand
And even a warrior needs somewhere to rest
And I am an ally and I am a friend

So be bold, be brave, be strong
And show them that stone walls can fall
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