```
Head up
Head up high
Get up
Get outside
Get up
Get outside
Rest here my brother
See what they left you to find
Rest here my brother
See what they left you inside now
They don't listen
Hold my breath as I rise
They don't listen
Hold my beath 'till I die
Get up
Get outside
Get up
Get outside
Now you know why
Rest here my brother
See what they left you to find
Rest here my brother
See what they left you inside now
They don't listen
Hold my breath as I rise
They don't listen
Hold my beath 'till I die
Once and for all
Get up
Get outside
Get up
Get outside
```