Up down

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Remember how you used to say
You couldn't wait till tomorrow for a brand new day
And no fuss when ya had to ride the bus
You just add a little blush
To paralyze your school crush
Now you're older and the weight is on your shoulder
Make the world a little colder
No more hide'n in the old day
Be strong
Don't give up hope
It will get hard
Life's like a jump rope
Up down
Up down
Up down
Up down yeah
Cause it will get hard
Remember life's like a jump rope
Up down
Up down
Up down
Up down yeah
It will get hard
Cause it will get hard
There'll be a bump and there will be a bruise
There'll be alarms and there will be a snooze
There'll be a path that you will have to choose
There'll be a win and there will be a lose and
You have to hold your head up high
and Watch all the negative go by
Don't you ever be ashamed to cry
You go ahead
Cause life's like a jump rope
Up down
Up down
Up down
Up down yeah
Cause it will get hard
Remember life's like a jump rope
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Up down
Up down
Up down yeah
It will get hard
Come on
I want to tell you that everything will be okay
That everything will eventually turn itself to gold
So keep pushing through it all
Don't follow, lead the way
Don't lose yourself or your hope...
Cause life's like a jump rope
Up down
Up down
Up down
Up down yeah
You stomp your feet so hard you make it pound
Raise the bottom to the top
And now we're never coming down
Up down stomp your feet spin around
Clap hands to the rhythm
Then you slip down
You stomp your feet so hard you make it pound
Raise the bottom to the top
And now we're never coming down
Up down
Up down
Up down
Up down yeah
Cause it will get hard
Remember life's like a jump rope
Up down
Up down
Up down
Up down yeah
It will get hard
Cause it will get hard
Up down
Up down
Up down
Up down yeah
Life's like a jump rope
Up down
Up down
Up down
Up down yeah
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Whoa oh