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Some days you don't understand
All the world looks upside down
When you're trying to be strong
Nothing ever falls in place
Don't give up and let your shadows swallow up your mind
No, that's no way to treat yourself - just leave your doubts behind
Stand up - for what you're fightin' for
Stand up - just don't take anymore
Stand up - for what you're fightin' for my friends
Stand up - for what you're fightin' for
Stand up - some things you can't ignore
Stand Proud - for what your fightin' for my friends
Oh, oh!
When accusations put you down
And people talk behind your back
Turn your head and walk away
Never let them see you frown
Don't give up and let your shadows swallow up your mind
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Stand proud
Stand up
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