

## Up Song

Donots

Do you feel like going overboard?  
Like almost drowning in a crowd  
Does your life feel like swimming with the sharks?  
Where you can't find your own way out?

Here's a song about getting up, not falling down  
We're in this together and we'll stand our ground  
You know the direction so don't turn around  
Cause here's a song about getting up, not falling down

When anger is about to break your neck  
Frustration eats right through your bowels  
Then you should really know how to strike back Before you finally get  
knocked out

And you know - we know!  
There's so much left to say  
You know - we know!  
There's got to be another way

Here's a song about getting up, not falling down  
We're in this together and we'll stand our ground  
You know the direction so don't turn around  
Cause here's a song about getting up, not falling down

So do you know your enemy?  
It is deep inside your head  
Do you know the strategy?  
Come on, bring out your dead  
Yeah, we won't run and hide  
We'll cast our fears aside  
Try to get off the ground  
Do not let them count you out

And you know - we know!  
There's so much left to say  
You know - we know!  
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