

Get On Up

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There is no freedom
That can be found
When you got the feeling
You're down for the count
This Ol' World will be you up if you let it
And this time it's really knocked you down
Don't throw in the towel now, you'll regret it
Catch your breath and go another round

But you gotta get on up
Before you can do the dance
The world'll holler out loud
We'll all clap our hands
Only the tough come back around
You gotta get on up
Before you can get
Before you can get down

The only resolution is do or die
But there's a revolution on the other side
Don't be afraid to walk around with your head up
Not so high its in the clouds
One day that rain's gonna let up
And you can say, hey, can you see me now

So C'mon and show us what you're made of
C'mon, show yourself what you're made of
What are you made of

You gotta get on up
Before you can get down