

# Get Up

Mary Mary

Layin' low, rest and pause  
Sleeping long, slow motion  
Gonna do, shoulda, coulda  
Woulda done, excuses

What are you afraid of?  
Don't you know what you're made of?  
One of God's greatest creations  
Take this invitation now

Get up, 'cause you can't stop  
Get up, got a lot to do  
24 hours, almost gone

Get up, don't sit back  
Get up, if you wanna get there  
Clocks don't stop and time won't wait

He said, she said  
They said, what do you say?  
It's your dreams, your choice  
Your time, your life  
So don't you, don't you miss it

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Welcome to the rest of your life  
From now on, just try  
To live more, want more, work a little harder  
Dance more, laugh more, be a little smarter  
Hug a little longer, love a little stronger  
You've been down but now it's time to

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One more time, say  
Get up, get up, get up  
Get up, get up, get up  
Get up, get up