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And if it's bad

Don't let it get you down, you can take it.

And if it hurts

Don't let them see you cry, you can make it.

Hold your head up, hold your head up

Hold your head up, hold your head high.

And if they stare

Just let them burn their eyes on you moving.

And if they shout

Don't let them change a thing what you're doing.

Hold your head up, hold your head up

Hold your head up, hold your head high.
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