

Stand Up

Seed

You're fallin down, you hit the ground
you must rebound - stand up my friend
when morning come, you can get some
keep movin on - get up again

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Vers 1

Trust me - dirt tastes dusty
my demons push me and rush me
they got me by the throat like a goat
so i wrote these notes that everybody can see

you know when you're all alone
and you're on your own and you
feel stripped down to the bone
when you're lying down in the dust
and a bloody dirty crust is running
up and down your nose

spit it out brother,
say it loud brother, come on:
enough is enough, i'm too tough to give it away,
one of my demons will pay for these crazy puzzles i face everyday

Chorus

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Vers 2

Good better best
mi na go rest till mi good is better
you ain't gonna see me rest
till i made my better best
To the good to the better to the best
never gonna let good be my measure
this gonna be my quest
mi na go sleep, mi na go rest

Vers 3

More mountains to top
more oceans to dive in
more beauty to drop
our soul makes it up

We go dead or alive
right now we sing our life

see how these words can drive
where do you wanna arrive

We wanna move non stop
seeing all your heads up
dont need a roof on our club
we are all part of the mob

Wanna rock your soul
thats our goal
gonna pick you up
truck around the clock

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