If there's any doubt in your mind, don't waste your time 'Cause when you find what it's all about When you're feeling locked up inside yourself And you're trying to find the key to let yourself out If you get to feeling like you've never felt before Then you know, without a doubt

If you wonder why your frown sits along on the ground Just look around at what you've been without And just because I wear it long it started being wrong And it's been too long since you opened your mouth Then you get to wondering why it took so long to find There's just one thing you can't do without

You better stand up and shout

If you're feeling satisfied don't make it stay inside

It's time you tried to let it all out

Stand up and shout When your head is feeling light and everything is right And you don't know what the fight is all about

Stand up and shout When you get to thinking things you never thought before Then you'll know, without a doubt

Come on and stand up and shout Well all right Stand up and shout