

## Get Up

Trapt

Your lonely cage  
is now unlocked  
once shackled ankles  
now free to walk  
the chains that bind you  
are breaking off  
One by one  
As the floor beneath you drops

Get up get off the ground  
I want to see your head in the clouds  
Get up get off the ground  
the sky's the only limit we got now  
I see ya reaching out  
through a sea of faces in the crowd  
get up get off the ground  
break the ties to which you have been bound  
Don't let this world bring you down  
Get up get off the ground

U wait so long  
to feel alive  
For someone to come  
bring you to life that time is here now  
you survived don't hold back  
from the ashes you will rise

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No more limitations  
no restrictions  
no more hesitation  
no inhibitions  
you have been awakened  
you know your life has just begun  
you're not just anyone  
there's nothing you can't overcome

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Get up get off the ground  
Get up get off the ground  
Don't ever take the easy way out  
you gotta make everyday count  
get up get off the ground  
get up get off the ground  
everything'll come back around  
So come on get up off the ground  
get up off the ground