

# Rise and Shine

## Jack Blades

Wake up and see whats in your mind  
No time to hide  
Just launch your dreams against the wind  
and ride that tide  
Raise the bid, shout it from the mountains  
Raise your hand, I feel it in the air  
Ride the wind, its where its gonna take you  
Is anyone alive out there  
C'mon!  
Rise and Shine  
show yourself and the metal that you're made of  
Rise and Shine  
Shine on  
Change a life  
Kill the fear  
There's nothing to it all yeah  
Live your life its time to rise and shine  
Yeah There was a time in my life I felt so alone  
It was as though I lost my soul, a heart of stone  
The sadder part, I'm never doin madness  
No need to the meaning of it all  
Callin out from the edge of the darkness  
Is there anyone alive out there  
Rise and Shine  
show yourself and the metal that you're made of  
Rise and Shine  
Shine on  
Change a life  
Kill the fear  
There's nothing to it all yeah  
Live your life its time When you don't know what you dont know  
Your just going, through it all  
A wise man he once told me  
This was true  
So rise up  
put your heat on  
Find solid ground to put your feet on  
The first step it will all come to you Rise and Shine  
show yourself and the metal that you're made of

Rise and Shine  
Shine on  
Change a life  
Kill the fear  
There's nothing to it all yeah  
Live your life its time Rise and Shine Rise and shine  
Shine on  
Change a life  
Live your life its time

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