

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 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 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
Just 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 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 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 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 More mountains to top, more oceans to dive in
And more beauty to drop and 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, that's our goal
Gonna pick you up truck around the clock You're fallin' down, you hit the ground
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