

# Stand Up

Macy Gray

Every break, every Sunday  
I hope that you know  
Sometimes it has to rain  
When you see the clouds coming  
Get yourself ready  
You gotta prepare for change Is it wrong, is it right?  
You get rid of this light  
From fear and kind of stench  
My heart's beating faster  
And faster and faster  
I'm finally battling again Mama, I'm sorry  
I didn't mean to cause you pain  
Everything's okay now  
And today's a better day (Stand up, stand up)  
So stand up, stand up  
(Stand up, stand up)  
Stand up, pick yourself up, yeah  
(Stand up, stand up)  
Pick yourself up, yeah (You gotta stand up, stand up)  
Stand up, hands up  
(Stand up, stand up)  
Pick yourself up, yeah  
(Stand up, stand up)  
Stand up, stand up  
Come on now and pick yourself up, yeah Well, it's a bad situation  
The world is hatin'  
And, baby, you're not alone  
'Cause you can count on your mother  
Your sister, your brother  
Hold you down and keep you goin' Now when the time is right  
We'll see the light  
Is shining from up above  
It'll guide the way  
Just map the day  
And, everybody, express some love Oh, yeah, mama, I'm sorry  
I didn't mean to cause you pain  
And everything's okay now  
And today's a better day (Stand up, stand up)  
So stand up, stand up

(Stand up, stand up)  
Stand up, stand up, pick yourself up, yeah(Stand up, stand up)  
Stand up, stand up  
(Pick yourself up, yeah)  
Pick yourself up, yeah(You gotta stand up, stand up)  
Stand up, stand up  
(Stand up, stand up)  
Stand up, stand up  
(Stand up, stand up)  
Stand up, hands upI saw a rainbow for real, ooh, ooh, ooh, baby  
Gonna get to the end of it, ohh, ooh, ooh  
Start now, make a real revolution, please stand up  
We are getting down, now we are getting down  
Ooh, yeah, we are getting down  
Get downMama, I'm sorry  
(Stand up, stand up)  
Yeah, I didn't mean to cause you pain  
(Stand up, stand up)(Stand up, stand up)  
I know we're out of the pain now  
Stand up, stand up  
(Pick yourself up)(You gotta stand up, stand up)  
Ohh, oh, oh, oh  
(Stand up, stand up)  
Yeah, we're getting down(Stand up, stand up)  
Stand up, oh, yeah  
Pick yourself up, yeah  
Pick yourself up, yeah(Stand up, stand up)  
(Stand up, stand up)  
(Stand up, stand up)  
Pick yourself up, yeah

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