

Rise Up

Frantic Mantis

rise up and fly like eagles
rise up through the sky
we've got to rise up
over higher mountains
rise up, rise up, rise up
Everybody's come a long long way
such a long way ,to be here today
we're going hard ,giving it all
we've been knocking on wood with our backs to the walls
we've been working every day and night
waiting for the chance for the day to arrive
and now we've all got something to prove
win or lose, there's only one thing to do
We've got to rise up
and fly like eagles
rise up through the sky
you've got to rise up
over higher mountains
rise up, rise up, rise up
Inside the sweat, inside the heat
in each and every heart there's a pounding beat
to do it wrong, to do it right
each of us has put up, one hell of a fight
and as we face the final test
all that we can do is to do our best
and as we're making time stand still
to get to the top you've got to give all you've got

You've got to rise up
and fly like eagles
rise up through the sky
you've got to rise up
over higher mountains
rise up, rise up
Shine a light and let them see
everything you want to be
Shine a light and let them know
you are never letting go
Rise up... win or lose there's only one thing to do

We've got to rise up
and fly like eagles
rise up through the sky
you've got to rise up
over higher mountains
rise up, rise up, rise up
Rise, and fly like eagles
rise up through the sky
you've got to rise up
over higher mountains
rise up, rise up, rise up, rise up,
over higher mountains, rise,
We've got to rise up.

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