

# 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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