

Ciara

"Just Stand Up"

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All:

Everything will be alright, yeah

Beyoncé:

The heart is stronger
Than you think
It's like it can go
Through anything
And even when you think
It can't it finds a way
To still push on
Though

Carrie Underwood:

Sometimes
You want to run away
Ain't got the patience
For the pain
And if you
Don't believe it
Look into
Your heart
The beat goes on

Rihanna:

I'm tellin' you that

Rihanna/Miley Cyrus:

Things get better
Through whatever

Rihanna:

If you fall
Dust it off
Don't let up

Sheryl Crow:

Don't you know
You can go
Be your own miracle

Beyoncé:

You need to know

Chorus (Sheryl Crow):

If the mind
Keeps thinking
You've had enough
But the heart
Keeps telling you
Don't give up

Sheryl Crow/Beyoncé:

Who are we to be
Questioning
Wondering what is what
Don't give up
Through it all
Just stand up

Fergie:

It's like
We all have better days
Problems getting all up
In your face

Leona Lewis:

Just because
You go through it

Fergie:

Don't mean it got
To take control, no

Leona Lewis:

You ain't gotta find
No hiding place

Keyshia Cole:

Because the heart
Can beat the hate

Leona Lewis:

Don't wanna
Let your mind
Keep playin' you

Keyshia Cole:

And sayin' you
Can't go on

Rihanna:

I'm tellin' you that

Miley Cyrus:
Things get better
Through whatever

Rihanna:
If you fall

Miley Cyrus:
Dust it off
Don't let up

LeAnn Rimes:
Don't you know you

Natasha Bedingfield:
Can go

LeAnn Rimes:
Be your own

Natasha Bedingfield:
Miracle

Carrie Underwood:
You need to know

(Chorus-All)

Mary J. Blige:
You don't gotta be
A prisoner
In your mind

Ciara:
If you fall
Dust it off

Mary J. Blige:
You can live your life

Rihanna/Carrie Underwood:
Yeah

Mary J. Blige:
Let your heart
Be your guide

Rihanna/Carrie:
Yeah, yeah, yeah

Mariah Carey:
And you will know
That you're good
If you trust in the good

Ashanti:
Everything
Will be alright, yeah
Light up the dark
If you follow your heart

Mary J. Blige:
And it will get better

Mariah Carey:
Through whatever

(Chorus All)

Fergie:
You got it in you
Find it within
You got in now
Find it within now
You got in you
Find it within
You got in now
Find it within now
You got in you
Find it within
Find it within you
Find it within

All:
Through it all
Just stand up

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