

## Capdown "Lost In Rage Dub"

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Act your rage!  
Act your rage!  
Act your rage!

Life these days has high demands, (High demands.)  
Seems like so much is out of our hands.  
But we gain so much control when we just  
Take a little help from our friends.  
If you struggle, why live in isolation?  
No other reason than a ridiculous convention,  
Designed to make us feel that we're not fit to  
Unite and progress for ourselves.

Act your rage!

You don't need to do it by yourself.  
Act your rage!

We're taking hold of our future, (Future.)  
Creating a place where our ideas can prosper.  
We got so much control now we just  
Take a little help from our friends.  
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