

## Kieran Leigh "Rise Up"

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Sometimes you know when you slip so low  
Drowning in the brutal darkness  
Swimming blindly through the quick sand of solitude  
Sometimes you just gotta ask for some assistance  
And I find myself  
Crying out loud  
Can anybody hear me now?

They say  
Rise up rise up  
When you're kicked back down  
And put on your gloves  
Time for another round

The answers were so unclear  
Now that I'm stronger can come face to face with all my  
fears  
Secrets hide behind these big brown eyes  
My love at last  
I was stuck there with nothing

And I found myself crying out loud  
Can anybody hear me now?

They say rise up rise up  
When you're kicked back down and  
Put on your gloves time for another round  
Rise up rise up when you're kicked back down  
Put on your gloves for another round

When all these troubles make you wanna scream  
When everything that you need just kept sinking  
It's hard to carry the weight has worn me down  
When your knees are so scraped  
Crawling on the ground  
When you think you can't take another day

Rise up rise up  
When you're kicked back down and  
Put on your gloves time for another round

