

## Mary Gauthier

### "Just Stand Up"

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All:

Everything will be alright, yeah

Beyonc?:

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

Beyonc?:  
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/Beyonc?:  
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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