

## **Ross Diana**

### **"I Ain't Been Licked"**

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(Nickolas Ashford/Valerie Simpson)

Roll down the gangway  
So they'll see that it's me  
I know they'll wonder about my recovery  
Yes, I lost a love that promised happiness  
What my heart wouldn't accept  
Put me to the test

They keep a holding me down  
But I rise  
Yes it can be done  
They keep a holding me down  
But I rise  
They can't make me run

Keep a holding me down  
But I rise  
Got my second wind  
Keep a holding me down  
But I rise  
Tell 'em I'm back again

Just say  
I ain't been licked  
I ain't been licked  
I ain't been licked  
Tell 'em for me  
I ain't been licked

Like outa nowhere my whole world fell apart  
Till this day no one knows  
What I felt in my heart  
All those precious things  
Inside me tried to still  
Hands I thought would help  
Pushed me over the hill

Keep a holding me down  
But I rise  
Yes, it can be done

Keep a holding me down  
But I rise  
They can't make me run

Keep a holding me down  
But I rise  
Got my second wind  
Keep a holding me down  
But I rise  
Tell 'em I'm back again

Just say  
I ain't been licked  
I ain't been licked  
I ain't been licked  
Tell 'em for me  
I ain't been licked

Keep a holding me down  
But I rise  
Just to start again  
Rise  
Show 'em that I can  
Rise  
Found a brand new dream  
Rise  
Just to prove one thing

Just say  
I ain't been licked  
I ain't been licked  
I ain't been licked  
Tell 'em for me  
I ain't been licked

I want the world to see  
I ain't been licked  
Although my love is gone  
I ain't been licked  
Somehow I carry one

I ain't been licked  
I'll find the strength somehow  
I ain't been licked  
I think I'm ready now  
I ain't been licked I ain't been licked I ain't been licked I  
ain't been licked

