

Tub Ring

"Stand Up And Shout"

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Trainer/Condello

If there's any doubt in your mind, don't waste your time
'cause when you find what it's all about
When you're feeling locked up inside yourself
And you're trying to find the key to let yourself out
If you get to feeling like you've never felt before
Then you know, without a doubt

If you wonder why your frown sits along on the ground
Just look around at what you've been without
And just because I wear it long it started being wrong
And it's been too long since you opened your mouth
Then you get to wondering why it took so long to find
There's just one thing you can't do without

You better stand up and shout

If you're feeling satisfied don't make it stay inside
It's time you tried to let it all out

Stand up and shout

When your head is feeling light and everything is right
And you don't know what the fight is all about

Stand up and shout

When you get to thinking things you never thought
before
Then you'll know, without a doubt

Come on and stand up and shout
Well all right
Stand up and shout

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