



You're broken down and tired
Of living life on the merry-go-round
And you can't find the fighter
But I see it in you, so we gonna walk it out
Move mountains, And move mountains

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid
I'll rise up, And I'll do it a thousand times again
And I'll rise up, High like the waves
I'll rise up, In spite of the ache
I'll rise up, And I'll do it a thousands times again
For you, For you, You, For you

When the silence isn't quiet
And it feels like it's getting hard to breathe
And I know you feel like dying
But I promise we'll take the world to its feet
Move mountains, Move mountains

And I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid
I'll rise up, And I'll do it a thousand times again
For you, I will rise, I will rise,
For you, I will rise for you
For you, I will rise for you

All we need, all we need is hope
And for that we have each other
And for that we have each other
we will rise, we will rise, we will rise,
we will rise, we will rise, we will rise,

I'll rise up, I'll rise like the day
I'll rise up, I'll rise unafraid.
I will rise a thousands times again
And we'll rise up, high like the waves
We'll rise up, In spite of the ache
We'll rise up, And we'll do it a thousands times again
For you, oh, oh, oh, oh, we will rise, we will rise
For you, oh, oh, oh, oh, oh we will rise, we will rise for you.
We will rise for you, ooh, ooh, ooh, ooh