

## **Get up, get out.**

**Music & lyrics:** Kim Walker

Tough, when times are tough and you think that the whole world's let you  
Down, when you feel down and you can't stop the fall.  
Don't starve your soul of fresh air.  
If you don't move you'll die there.  
Life gives us no second chances. Time won't heal bad romances so ...

Get up, get out! Use it or lose it. Sometimes you gotta fight just to survive.  
Get up, get out! It's your life so chose it. Celebrate the gift to be alive.  
Loneliness waits for someone else, so  
Get up, get out, spread love about. Yeah, yeah yeah.

Love, you gotta love. A broken heart warns you never to  
Believe, you can't believe, you'll ever find love again.  
You gotta change that feeling.  
It's your own life your stealing.  
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Get up, get out! It's your life so chose it. Celebrate the gift to be alive.  
Loneliness waits for someone else, so  
Get up, get out, spread love about. Yeah, yeah, yeah.

Age is just a number. Live young until you're under.  
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Loneliness waits for someone else, so  
Get up, get out, spread love about. Yeah, yeah yeah.

Get up, get out! Use it or lose it. Sometimes you gotta fight just to survive. oh  
Get up, get out! It's your life so chose it. Celebrate the gift to be alive.  
Loneliness waits for someone else, so  
Get up, get out, spread love about. Love me, love you that's all you need to do.  
Get up, get out and scream and shout. Yeah, yeah yeah.