

Rise Up

[Verse 1]

Rachel: You're broken down and tired
Of living life on a merry-go-round

Ruthie: And you can't find the fighter
But I see it in you, so we gon' walk it out

Sam: And move mountains
We gon' walk it out
And move mountains

[Chorus]

Trio: 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 thousand times again

[Post-Chorus]

For you
For you
For you
For you

[Verse 2]

Erin: When the silence isn't quiet
And it feels like it's getting hard to breathe

Jenn: And I know you feel like dying

But I promise we'll take the world to its feet

Alyssa: And move mountains

Bring it to its feet

And move mountains

[Chorus]

Trio: 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

[Post-Chorus]

For you

For you

For you

For you

[Bridge]

Juniper: All we need, all we need is hope

And for that, we have each other

And for that, we have each other, and (We will rise)

We will rise, we will rise (We will rise)

We'll rise, oh-oh-oh-oh (We will rise)

We'll rise

[Chorus]

Featured Women: I'll rise up, rise like the day

I'll rise up in spite of the ache

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 (Rise up)
And we'll do it a thousands times again

[Post-Chorus]

For you

For you

For you

For you

For you