It's time to ask yourself just what you want to be Just look around tell me exactly what you see
No sitting out no chance to settle in your place
You're with us now don't be a name without a face

(Chorus:)

Stand up and shot for what you want to be Stand up and shout what you believe Stand up and shout for those you want to free Stand up for the one and only

Get on your feet and raise your fist up for the count What's yours is yours if you will just stand up and shout No looking back you got to play the cards you're dealt Break down the barricades and speak up for yourself

(Chorus)

Don't you know who speaks up for you You can't rely on no-one else to pull you through

So what you're think might be what we want to hear Don't keep it hidden got to shout your message clear No easy answers when the question is self doubt Better wrong than silent gotta let your feelings out